



10 servings



20 mins prep



5 mins cooking



Home Made Healthy Nut Bars

INGREDIENTS

- ½ cup roasted almonds, whole
- ½ cup dry roasted peanuts, whole
- ½ cup roasted walnuts, chopped
- ⅓ cup puffed rice
- 1 tbsp flaxseed meal
- ¼ cup brown rice syrup
- 2 tbsp honey
- ½ tsp vanilla essence
- ½ tsp sea salt
- ½ cup dark chocolate chips

DIRECTIONS

1. Line an 8 inch pan with foil leaving some hanging over sides
2. In a large greased bowl, mix together nuts, puffed rice, flaxseed meal and set aside
3. In a small saucepan, combine brown rice syrup, honey, vanilla and sea salt. Bring to the boil and whisk for 2 mins
4. Pour syrup mix immediately over nut mix and stir to combine. Transfer into pan and spread out evenly
5. Allow mix to cool for 20 mins, then use foil to pull block out of pan and place on cutting board. Cut into 10 even bars and allow to cool completely
6. Put choc chips and microwave at 30 sec intervals until melted
7. Drizzle chocolate over bars and let cool at room temp until chocolate has set

NOTES