

Muesli Bars



SERVES 12

Ingredients

1 cup oat meal – or process normal oats in food processor until they are broken down slightly
1 tbsp pure peanut butter or almond butter
1 tbsp pure honey or rice malt syrup

1 dessertspoon flax meal
1 tsp chia seeds
1 tsp cinnamon
¼ cup roughly chopped almonds

Instructions

In a saucepan over medium heat, melt peanut butter and honey together.

Then add in the rest of the ingredients and mix well until combined.

Spoon into ice cube trays and pat down with the back of a spoon. Then place in the freezer for 15 minutes until they set.

Store in fridge.

