

Oat + Cardamom Muesli Bars



Oliver + Tom

SNACK SHARING + LUNCH BOX RECIPE



Hello Snack Lover

These muesli bars are oat so yummy and absolutely packed with nutrients.

The cardamom gives this lunchbox snack an amazingly unique flavour as well as aiding digestion, and the seeds add huge amounts of vitamins and minerals. The star of the show, however, has to be the tahini: an absolute calcium bomb and, thanks to its impressive protein and fibre content, it can help keep little tummies fuller for longer.

Enlist the help of your mini chefs who will love measuring out the different ingredients, mix everything together, and bake! For a little extra sparkle, add a layer of chocolate. Unbelievably simple but delicious. In fact, the trickiest bit is waiting patiently for the chocolate to set before tucking in!



Oat + Cardamom Muesli Bars

Ingredients

- 300 g (3 cups) rolled oats
- 40 g (¼ cup) flax seeds
- 30 g (¼ cup) sunflower seeds
- 30 g (¼ cup) dates, pitted and finely chopped
- 20 g (¼ cup) goji berries
- 35 g (¼ cup) pumpkin seeds
- 20 g (¼ cup) desiccated coconut
- ¼ tsp ground cardamom
- ½ tsp cinnamon
- ¼ tsp Himalayan rock salt
- 1 tsp vanilla extract
- 125 ml (½ cup) maple syrup
- 125 ml (½ cup) tahini
- 60 ml (¼ cup) coconut oil
- 200 g (2 bars) dark chocolate, melted



Method

1. Preheat oven to 160 C and line a baking tray with parchment paper.
2. Add the oats, seeds, coconut, dried fruit, spices, and salt to a large bowl and mix.
3. In a small saucepan, heat the vanilla extract, syrup, tahini, and coconut oil over a low heat until melted and smooth.
4. Add the melted mixture to the dry ingredients and stir well to combine.
5. Pour the mixture over the dry ingredients and stir well to combine.
6. Bake for 30 minutes or until golden. Allow to cool slightly before pouring melted chocolate evenly over the top.
6. Place in fridge for at least an hour before cutting into bars. Store in an airtight jar in the fridge for up to 2 weeks.
7. Enjoy.

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