



Date and Oats Bar

Serving: 1

Veg

Ingredients

- - 200 grms Oats
- - 10 deseeded dates
- - 150 ml of Water
- - 100 grms Raisins
- - 1 tbsp coconut oil
- - 2 tbsp of sesam seeds toasted
- - 1 tsp of Cinnamon powder

Preparation Method

- - Pre heat the oven to 200 C
- - Place the dates in a sauce pan with the coconut oil. allow the dates and coconut oil to melt for a about five minutes, untill the dates are nice and soft.
- - Next place the date and coconut oil mixture in to a blender with the water and blend untill a smooth paste.
- - Add the oats, sunflower seeds, raisins ,and cinnamon to a mixing bowl and stir in the date mix , add the sesame seeds
- - Line a baking with baking papper , or grase it with coconut oil. Then pour the granola bar mix in to it the backing tray and spread it evenly across.
- - Place the tray in the oven for about 35 minutes . untill the top turns golden . at tthis point take the tray out of the oven and leave it to cool for about 15 minutes, before
- cutting it in to bars.
- -Store the bars in an air tight container at room temperature.