



Healthy Bars (ES)

Serving: 1

Veg

Ingredients

- -1/2 cup de seeded sticky black dates
- -1/4 cup quick oats
- -1/4 cup dried mixed berries
- -1/4 cup chopped almonds
- -2 tbsp peanut butter
- -2 tbsp honey

Preparation Method

- 1. Grind the dates in a mixer to make a smooth paste.
- 2. Heat a non-stick kadhai over a medium flame and dry roast the oats and almonds for 3 to 4 minutes. Remove from kadhai and keep aside.
- 3. Heat the honey and peanut butter in the same kadhai over a medium flame for 2 minutes. Remove from flame and add dates paste, oats, almond and berries, mix well and pour into a greased plate, keep aside to cool.
- 4. Cut into squares and let it cool completely. Store into air tight containers.