

Chewy Oat and Seed Bars

Makes 12

A great energy bar to take on a hike, light, nutritious and delicious!

Line a 9"x13" pan. Pre-heat oven to 325.

In a large pan, on a low heat, melt

2/3 cup corn syrup
8oz /2 sticks vegan butter
2/3 cup peanut butter
1 tsp vanilla

Cool a little then add

1/4 cup rice flour
1/3 cup ground almonds
1 tsp cinnamon
3 1/3 cups oats
3/4 cup yellow sugar
2/3 cup coconut
1/3 cup sesame seeds
1/3 cup sunflower seeds
1/3 cup pumpkin seeds
1/3 cup mixed, candied peel
2/3 cup sultanas

Mix well, pour into prepared pan and spread using back of a metal spoon, pressing the mixture gently down. Bake 30-35 minutes, until edges are beginning to brown. Cool in pan. Cut into 12 bars.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.



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