



Oat, Chocolate and Date Bars

I often make these as a healthy alternative to traditional flapjack. They are low in sugar, high in protein and fibre, and healthy fats. A small square goes a long way, as they are nutrient-dense, so really filling! You also get the benefit of cocoa polyphenols in the dark chocolate which can help boost your immune system. Give them a try!

INGREDIENTS

300g whole oats

200g pitted dates

6 tbsp coconut oil

2 tsp vanilla essence

Good pinch sea salt

2 tbsp linseeds / flaxseeds



200g dark (approx. 70%) chocolate, broken into squares

2 handfuls mixed seeds (sesame, pumpkin, sunflower, flaxseeds)

METHOD

Preheat oven to 170°C and line a baking tray with parchment paper.

Blend the top 6 ingredients in a food processor

Smooth onto the baking tray, press down and bake for 20 min.

Gently melt the chocolate.

Remove the oat mix and pour the chocolate across the top. Sprinkle the mixed seeds across the top.

Allow to cool.

Slice into 16 squares and keep in an airtight container for up to a week, or in the fridge for a couple of weeks, if they last that long!

NUTTY ALTERNATIVE – use 200g of oats, and 100g ground nuts, eg almonds, hazelnuts, walnuts, or add 100g peanut butter to the oat mix.

ALTERNATIVE FLAVOURS

Think of flavours that often partner well together:-

- lime, chilli, and coconut
- ginger and pecan
- apricot and pistachio
- cinnamon and apple
- coffee and walnut

Other topping additions, such as dried cherries and cranberries might work just as well on their own.

To the oat mix

Add cinnamon, ginger, coconut flakes, a shot of good quality espresso coffee, or dried apricots.

To the melted chocolate topping

Sprinkle chopped pecan nuts, pistachios, walnuts, chopped dried cranberries, raspberries, apple or cherries, lime zest, unsweetened coconut flakes or a little chilli.