

## October '21 Recipe No-bake Breakfast Bars

### Ingredients

150g coconut oil (or butter)

150g raw honey

100g rolled oats

75g puffed cereal

75g finely chopped dates

75g finely chopped figs

50g coconut

50g flaked almond chopped (or mixed seeds)

(You can replace the dried fruits I have used with dried apricots, cranberries, or whatever you have in your pantry)

### Method

Grease and line 18cm square cake tin.

Put coconut oil and honey in a saucepan to warm but do not boil.

Put remaining ingredients in a heatproof bowl and bind together with melted honey mixture. Mix well until completely coated and then press into cake tin.

Leave to cool then chill for 2 hours or until set.

Cut into bars. This recipe makes about 10.

### Note From Tania

These no-bake breakfast bars are a healthy snack and I love that I could incorporate some of my homegrown honey into this recipe. I hope you enjoy giving them a try. If you can, use local raw honey, you can really taste the difference.

Enjoy,

TK xx