

# MUESLI BARS

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*1 1/2 cups of roughly chopped nuts of your liking  
( eg;Almonds,hazelnuts,cashews,walnuts,brazil )*

*1/4 cup pepitis ( pumpkin seeds )*

*1/4 cup sunflower seeds*

*1 cup finely chopped dried fruit, eg ; apricots,cranberries,dates, sultanas or raisins*

*1 cup puffed rice*

*2 cups oats or natural muesli*

*1/2 cup shredded or flaked coconut*

*2 tbs sesame seeds*

*1 tsp ground cinnamon*

*3/4 cup tahini*

*3/4 cup peanut butter*

*1/2 cup honey*

*1/2 cup coconut oil or sunflower oil*

*In a pan melt honey,peanut butter,tahini & coconut oil,over low heat & stir well .*

*With a blender roughly chop nuts & mix with rest of ingredients in a large bowl,add all ingredients together & mix well,*

*Spread out into a baking dish with grease proof paper & place in fridge or freezer over night to set.*

*ENJOY CHEF TRACEYxxxx*

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