

Healthy Coconut and Vanilla Muesli Bars



Make these Sugar-Free Granola Bars part of your Sunday cook-up repertoire, to have handy during the week.

Ingredients

- **1/2 cup** coconut oil, plus extra for greasing.
- **1/2 cup** rice malt syrup
- **1/4 cup** boiling water
- **1/4 teaspoon** sea salt.
- **2 cups** rolled oats.
- **1/2 cup** shredded coconut.
- **Tsp** of vanilla essence.
- **3/4 cups** activated walnuts, roughly chopped.
- **1/2 cup** activated sunflower seeds.
- **1/2 cup** activated pumpkin seeds.
- **1/3 cup** sesame seeds.
- **1/4 cup** dried cranberries or goji berries chopped
- **1 1/2 tablespoon** chia seeds.

Directions

1. Preheat oven to 160°C/325°F/Gas Mark 3. Line a medium-sized baking pan with baking paper and generously rub coconut oil on the paper and set aside
2. In a medium-sized saucepan, combine coconut oil, rice malt syrup and salt. Cook on low heat, stirring until well combined.
3. Remove from heat and add the oats, coconut, Vanilla essence, nuts, seeds, cranberries and boiling water. Combine well. Spread the mixture into the prepared baking pan and smooth the top.
4. Bake for approximately 20-30 minutes until golden brown around the edges and the middle is semi set. Check bars after 15 minutes to see if the top is browning too quickly. Cover with baking paper, if required.
5. Remove from oven and cool completely in the pan. I like to put another piece of baking paper on top of the hot mixture then place a similar sized pan on top and press down hard on the mixture so that it sets quite solidly.
6. Once cool lift from the pan by pulling up on the baking paper.
7. Transfer to a chopping board and cut into desired sized squares. Remove the baking paper

The cut squares can last in a sealed tin for around 2 weeks, however most of ours disappear within a few days.