

Grain-free Choc-Cranberry "cereal bars"

These delectable morsels make a delicious accompaniment to a cup of afternoon tea. Kids will love this treat in their lunchboxes too.

Makes 16 small square bars.

Ingredients:

- 150 g unsalted butter
- 50 g coconut oil
- 1 heaped tablespoon nut butter
- 5 ml vanilla extract/essence
- 2.5 ml ground cinnamon
- Zest of 1 small lemon or lime
- 150 g raw unsalted mixed nuts (e.g. almonds, macadamia, hazelnuts, pecan)
- 150 g mixed seeds (e.g. sunflower, sesame, pumpkin, chia)
- 100 g dark chocolate pieces
- 50 grams whey protein powder
- 50 g desiccated coconut
- 50 grams dried cranberries
- Pinch of salt
- Sweeten to taste with Xylitol or stevia (Not really necessary in my opinion.)



Instructions:

1. In a saucepan, melt the butter and coconut oil together over a low heat. Then add in the nut butter, ground cinnamon, vanilla essence and lemon zest and give it a stir.
2. In a pan, gently toast the nuts and allow to cool (be careful not to burn them).
3. In a blender or food processor, pulse together the nuts, seeds and chocolate until they are chopped into small pieces. (You could do this step by hand if you don't have a blender or food processor – it will just take longer.)
4. In a bowl, add ALL the ingredients together and mix well with a wooden spoon until combined.
5. Put mixture place into a square "brownie" tin. Allow to set in the fridge for at least one hour.
6. Once firm, remove from the fridge and cut into squares.
7. Store the bars in an airtight container in the fridge.

