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# PEANUT BUTTER & DARK CHOCOLATE GRANOLA BARS

 Dairy Free, RSF (GF, Paleo, Vegan Option)

 45 mins (plus chilling time)  Makes 15-20 squares

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## Ingredients

- 1 cup rolled oats (for GF & paleo options, replace the cup of oats with a mix of sunflower seeds & flaked coconut)
- 2 cups mixed nuts & seeds, roughly chopped (I've used almonds, macadamias, pecans & sunflower seeds)
- 1 cup flaked coconut
- ¾ cup natural peanut butter (I use 'Pics Peanut Butter')
- ¼ cup coconut oil
- ¼ cup pure raw honey (or maple for vegan option)
- ½ cup pure maple syrup
- ½ tbs vanilla powder or extract
- ¼ ts flaked sea salt
- 100g dark chocolate, melted (for drizzling)



## Method

1. Pre-heat your oven to 170 degrees celsius.
2. Combine the peanut butter, coconut oil, honey, pure maple and vanilla in a large mixing bowl and stir until smooth.
3. Add the oats, nuts and seeds, coconut and sea salt, and mix well.
4. Pour the mixture into a paper lined brownie pan (approx 19cm x 30cm) and place into the oven for 35 minutes.
5. Once cooked and golden brown, remove from the oven and set aside to cool.
6. Now place the tin into the fridge to cool and set overnight (or into the freezer for a couple of hours).
7. Once set, cut the slice into bite sized pieces or larger bars (depending on your preference) and drizzle with dark chocolate.
8. Store in the fridge. Enjoy!

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