



Much more than a snack! These can be eaten straight from the freezer.

I use puffed buckwheat, a great gluten free grain giving a nice lightness among the seeds nuts and sweetness.

Makes 12

INGREDIENTS:

- 4 tsp of nut butter (I used crunchy peanut butter from Meridian)
- 100ml of Maple Syrup
- 2 tsp of Coconut Oil (melted)
- 25g desiccated coconut
- 100g Mixed Nuts (Pistachios in the mix are good here for colour contrast)
- 25g pumpkin seeds
- 25g Cacao Nibs
- 25g Goji Berries
- 25g Puffed Buckwheat Cereal
- Dash of seasalt
- Dash of cinnamon
- 2 Dark Squares of chocolate (I used 78% Cacao) melted to drizzle over the top

METHOD:

- Blitz all the dry ingredients in a blender.
- Add to a bowl with all the remaining ingredients. You can vary the seasalt depending on if you like the salty / chocolatey flavour!
- Press the mixture into your silicone bar mould.
- Drizzle over the melted dark chocolate.
- Place the bars in the freezer overnight to thoroughly set
- These can be eaten straight from the freezer , enjoy!