

Haigh's Chocolate, Fruit & Nut Energy Bars

Preparation time: 20 mins | **Cooking time:** 5 mins | **Serves:** 20

1/3 cup (80ml) coconut oil

1/3 cup (120g) honey

1 1/4 cup (175g) pitted medjool dates, chopped

3/4 cup (210g) natural peanut butter

2 teaspoons ground cinnamon

1 cup (90g) rolled oats

1 cup (45g) unsweetened puffed quinoa

1/2 cup (80g) roasted almonds, halved

1/2 cup (50g) toasted walnuts, roughly chopped

1/2 cup (75g) roasted unsalted cashews, halved

2 tablespoons sunflower seeds

2 tablespoons pumpkin seeds

1/3 cup (45g) dried cranberries, roughly chopped

1/3 cup (55g) chopped dried apricots

150g Haigh's 70% Dark Chocolate Pastilles



1. Line a 25cm x 38cm rectangular baking tray with baking paper.
2. Heat coconut oil and honey together in a small saucepan, over a low heat, until mixture becomes runny.
3. Place dates, cinnamon and honey mixture together in a food processor, pulsing until mixture is a smooth paste. Add peanut butter, pulsing until just combined. Set aside until required.
4. In a large mixing bowl, combine oats, puffed quinoa, almonds, walnuts, cashews, sunflower and pumpkin seeds, cranberries, apricots and 100g chopped Haigh's dark chocolate pastilles, stirring until combined. Add date and peanut butter paste, stirring or mixing with clean hands until oat mixture is well coated.
5. Spoon oat mixture onto prepared baking tray, pressing down firmly, to create a smooth even slice. Place baking tray in freezer for 30 minutes or until mixture is firm enough to slice.
6. Slice into 20 rectangular bars (5cm x 9.5cm approx.) and place on a wire rack. Place remaining chocolate in a small bowl over a saucepan of boiling water, off the heat, stirring occasionally until melted. Drizzle melted chocolate over energy bars and allow to set before serving.
7. Keep energy bars in the fridge.

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