

# Oat Muesli Bars (makes 14)



## Ingredients:

2 cups / 200g rolled oats, gluten-free if desired

1 cup / 135g pumpkin seeds

1 ½ cups unsweetened puffed rice cereal (rice, millet, quinoa etc.)

½ cup dried fruit (raisins, dates, figs, prunes), roughly chopped

¼ tsp. flaky sea salt

1 – 1 ½ Tbsp. matcha green tea powder (to your taste)

1/3 cup / 80ml brown rice syrup

3 Tbsp. / 45 ml manuka honey

½ cup / 125ml tahini

2 Tbsp. coconut oil

1 tsp. vanilla extract

## Directions:

1. Preheat oven to 160°C. Combine oats and pumpkin seeds on a baking sheet and bake for 10-15 minutes, stirring once or twice, until the oats are golden and have a nutty aroma.
2. In a small saucepan combine the brown rice syrup, manuka honey, tahini, coconut oil, vanilla. Whisk to combine. Do not overheat.
3. In a large bowl, combine the cooled oats and pumpkin seeds with the chopped dried fruit, rice puffs, salt, and matcha. Pour the wet ingredients over the dry ingredients and stir quickly to mix.
4. Pour the mix into a brownie pan lined with plastic wrap or baking paper. Press the mixture firmly, especially into the corners. Place in the fridge for a couple hours to firm up, then remove from fridge and slice into bars. Keep leftovers in the fridge for up to two weeks.

URL to article: <https://www.mynewroots.org/site/2015/07/matcha-green-granola-bars/>

Copyright © 2015 My New Roots. But please share this with your friends :)