

Energy Bar Slice

Ingredients

2 cups of Almonds
1 cup of Pecans
1/2 cup of Macadamia's
1 cup of sultanas
1/2 a cup of sunflower seeds
2 large eggs
3/4 of a cup of shredded coconut
1/3 of a cup of coconut oil
1 Tblspn of honey

Method

Put nuts into the food processor and lightly chop them up.

To the chopped nuts, add the sultanas, sunflowers, coconut, honey, melted coconut oil, and eggs.

Give mixture a good stir

Cover a 9"x 12" slice tray with baking paper and spoon out mixture and press down until even, and flat. Cook in oven at 180°C for 20-25 minutes until golden brown on top.

Cut into pieces while still warm and let cool in tray.

You can substitute the variety of nuts with what's in your pantry.

You can also replace the sultanas with dried apricots or apples or dried berries.

