

Hazlenut, Pistachio and Cacao Granola Bars



Grab one of these for breakfast on the go!

This recipe made 16 good sized bars for me:

- 3 cups oats
- 1 cup buckwheat flour
- 1 tsp cinnamon
- ½ tsp sea salt
- ¼ cup raw cacao powder
- 1 cup pistachios, chopped
- 1 cup hazelnuts, chopped
- 1 cup coconut oil
- ½ cup honey
- 1 tsp almond essence

Preheat the oven to 180°C

Mix all of the dry ingredients together in one bowl. In another put the coconut oil and honey and melt these in the microwave or over a pan of hot water. Once melted add the almond essence and stir.

Pour the wet ingredients into the dry and mix everything really well. Make sure that everything is coated in the oil mixture as this is what is going to help the granola bars stick together.

Press the mixture down firmly into a baking tray. I used a square 12x12 silicone tray – if using metal then line it with some baking paper first

Place into the oven for 20-25 mins. Leave to cool before cutting into bars. Keep these in an airtight container and they'll last for 4-5 days.