

Chocolate Coated Breakfast Bars



Need a chocolate hit? Something tasty but not too naughty to go with your afternoon cuppa? Then try these. I really don't think you'll be disappointed at all!!

For the bars

- 1 cup oats
- ½ cup ground almonds
- ½ cup shredded coconut
- 1 cup peanut butter – unsweetened and unsalted
- ½ cup honey or maple syrup
- 1 cup of dried fruit – I used a mix of apricots and red berries but use any you wish

For the Topping

- 1 cup coconut oil
- 1 tbsp peanut butter – unsweetened and unsalted
- 75g dark chocolate – the highest cocoa content you can find. I used 92%

I made these in a loaf tin and sliced them into bars but you could use a square tin – whatever works for you 😊

Melt the honey and peanut butter together either in a pan or in the microwave. Once melted add the oats, dried fruit, ground almonds and coconut and stir really well so that everything is coated with the honey and peanut butter. Press this mixture down firmly into your tin and place into the fridge while you prepare the topping.

Melt together the coconut oil, chocolate and peanut butter. Pour this over the top of your oatly mix and place back into the fridge to set.



Remove from the tin, slice up and keep in a sealed container in the fridge. These won't last more than a couple of days. They are a favourite in our house.