

Chocolate Peanut Muesli Slice



The ingredients in many commercial cereal or flapjack bars are often bound together with a butterscotch mixture full of sugar and syrup. These nutritious, healthy bars are naturally sweetened with dates and contain plenty of protein-rich nuts and seeds together with pure, 'no added salt' Essential Peanut Butter. The Essential Superfood Muesli and Essential Chocberry Porridge provide plenty of slow releasing oats, nuts and seeds to help balance blood sugar levels and keep you feeling energised through the day. This makes a perfect breakfast bar for those busy mornings and is equally delicious as a mid-morning snack, packed lunch treat or post-exercise booster. They can also be frozen, so it's worth making up a big batch for all the family.

Suitable for Vegetarians & Vegans, Dairy-Free, Egg-Free, Soy-Free

Chocolate Peanut Muesli Slice

Preparation Time: 15 minutes

Cooking Time: 20-25 minutes

Storage: Keep in the fridge for up to 1 week

Freeze for up to 1 month

Ingredients (Makes 12 bars)

200g / 7oz Essential Chocberry Porridge

100g / 3½oz Essential Superfood Muesli

60g / 2oz dried cherries

2tbsp Essential Desiccated Coconut

60g / 2oz Essential Chocolate Drops

2tsp ground flaxseed

1tsp Essential Xanthan Gum

115g / 4oz Essential Coconut Oil

75g / 3oz Essential Peanut Butter

250g / 9oz Essential Pitted Dates

Instructions

1. Preheat the oven to 180°C, gas mark 4. Grease and line a baking tray with baking parchment, approximately 20cm by 28cm (8inch by 11inch).
2. Place the chocberry mix, superfood muesli, coconut, chocolate drops, flaxseed and xanthan gum in a large bowl and stir to combine.
3. Put the coconut oil and peanut butter in a pan and warm gently to melt the coconut oil.
4. Place the dates in a blender or food processor with the melted coconut and process to form a thick paste. Stir into the dry ingredients and mix thoroughly until completely combined. Press the mixture firmly into the tin using the back of a spoon and your fingers.
5. Bake in the oven for 20-25 minutes until golden brown.
6. Allow to cool in the tin completely before cutting into slices.

Essential



Essential Peanut Butter is renowned for being completely pure. Made only from organic peanuts with no unwanted extras, choose your favourite; crunchy or smooth, with or without salt. Peanuts are a good source of monounsaturated fats including oleic acid, the fat found in olive oil which has been shown to promote cardiovascular health. Additionally, peanuts contain manganese, tryptophan and good levels of vitamin B3 (niacin). Manganese is vital for antioxidant function whilst tryptophan-rich foods can contribute to relaxation, restfulness and sleep. Vitamin B3 is important in energy production.

- Spread on your favourite bread for a filling snack or try with oatcakes and banana for a healthy variation.
- Try adding Essential Peanut Butter to your morning smoothie for sustained energy throughout the morning.
- Combine with shallots, garlic, red chilli, brown sugar, dark soy sauce, water, lemon juice and peanut oil for a delicious satay dressing.

Nutritional Information

	Per bar	Per 100g
Calories:	326kcal	441kcal
Protein:	6.1g	8.2g
Total Fat:	17.7g	23.9g
of which saturates	10.8g	14.5g
Carbohydrates:	36.3g	49g
of which sugars	21.4g	28.9g

Christine Bailey is a well known Nutritionist, Coach, Chef & Food and Health Trainer. She has over 16 years experience in the food & health industry working with a wide range of clients from Corporates, Food and Health Companies to National Charities, Local Authorities and private clients. During her extensive training she gained a First Class Honours BSc in Nutritional Therapy at the Centre for Nutrition Education and Lifestyle Management, a MSc in Sciences, Professional Chef qualification & Professional Teaching qualification PGCE in food, health and nutrition.

