

Home Made Museli Bar

2 cups Pitted dates	½ cup Macadamias	¼ cup dark choc chips
1 cup Rolled oats	½ cup Cranberries	½ cup coconut oil
1 cup Almonds	½ Goji berries	2 eggs
½ cup Rice malt syrup	½ tsp Cinnamon	1 tbs Cacao powder

- ❖ Turn Oven on to 160 degrees
- ❖ Blend dates, oats, almonds, macadamia, cranberries, goji berries.
- ❖ Place in a mixing bowl.
- ❖ Add choc chips, coconut oil, eggs, cinnamon and rice malt syrup and mix altogether
- ❖ Place in a tin lined with baking paper
- ❖ Cook in oven for 20 mins