



Mix and match energy bars

30'
Hands on

120"
Hands off

25'
Cook Time

24
Portion(s)

1
Difficulty



Method

- Preheat oven to 170* C (338* F) Fan.
- In a **bowl**, add the oats and 2 tablespoons sunflower oil. Mix with a wooden spoon until combined.
- Line a **30x40 cm baking pan** with parchment paper. Add oat mixture and spread evenly in pan.
- Bake for 20 minutes, until light golden.
- When ready, remove from oven and set it aside for 20 minutes to cool.
- Transfer to a bowl and add the mixed nuts. You can substitute the nuts with grated coconut or sunflower seeds or pumpkin seeds. Mix with a wooden spoon.
- In a **saucepan**, add the butter, brown sugar, honey, vanilla extract and salt.
- Place saucepan over medium heat and whisk until the mixture comes to a boil.
- Transfer mixture to bowl with oats and add the colorful chocolate filled candy. You can substitute these with dark chocolate drops 55% or white chocolate drops or triple Chocolate Cookies or edible flowers or chocolate wafers (crushed) or black or golden raisins or oatmeal cookies (crushed).
- Mix with a silicon spatula until all of the ingredients are well combined.
- Line the bottom and sides of a 20x30 cm **baking pan** with parchment paper and lightly brush with some oil.
- Add the mixture and press down on it with a **straight spatula** to make the surface smooth and even.
- Refrigerate for 3 hours.
- When ready, remove from refrigerator and cut into 4x8 cm bars.
- Top with any ingredients you like best and serve!

Tip

The nutrition information refers to bars made only with a mixed nuts base and chocolate filled candies mixture. All other ingredients added are extra.

Ingredients

For the base

- 250 g oats
- 2 tablespoon(s) sunflower oil, + extra for the baking pan
- 40 g almonds
- 40 g cashews
- 40 g walnuts
- 120 g butter
- 100 g brown sugar
- 20 g honey
- 1 teaspoon(s) [vanilla extract](#)
- 1 teaspoon(s) salt

For the mixture

- 100 g candies, colorful chocolate
- 50 g chocolate couverture 65%, drops
- 50 g white chocolate couverture, drops
- 50 g [triple chocolate chip cookies](#)
- 100 g edible flowers
- 100 g waffle, chocolate, crushed
- 100 g raisins, black or golden
- 100 g [oat cookies](#), crushed

For the toppings

- candies, colorful chocolate
- chocolate couverture 65%, drops
- white chocolate couverture, drops
- [triple chocolate chip cookies](#)
- edible flowers
- waffle, chocolate, crushed
- raisins, black or golden
- [oat cookies](#), crushed

Διατροφικός πίνακας

Nutrition information per portion

164 Calories (kcal)	11.0 Total Fat (g)	4.0 Saturated Fat (g)	14.0 Total Carbs (g)
8%	16%	20%	5%
7.0 Sugars (g)	2.6 Protein (g)	1.3 Fibre (g)	0.22 Sodium (g)
8%	5%	5%	4%