

CHOCOLATE CHIP MUESLI BARS (VEGAN)



Another inspiring vegan recipe from **Meg Phillips**. This time a homemade chocolate chip muesli bar using a super simple ingredient list including organic oats, medjool dates, rice malt syrup, coconut oil and chocolate. An easy one from start to finish and super tasty too.

Ingredients:

Approx 8 organic medjool dates

1/4 cup coconut oil

1/4 cup rice malt syrup

3 cups of organic rolled oats

1/2 cup Vegan dark chocolate buttons (or any kind of vegan chocolate chopped into small pieces)

Method:

Remove the pits from the dates and soak them in hot water for approximately 10 minutes
Drain the water from the dates and add them to a blender or food processor with the coconut oil and rice malt and blend until smooth.

In a large bowl combine the oats and chocolate chips

Add the date mixture to the the bowl and mix in well.

Press the mixture into a tray lined with baking paper and set in the freezer for about 30 minutes or until firm.

Chop into bars and store in the freezer until ready to eat.

Inspiration:

Ask at the counter about our Rapunzel Dark Chocolate sold in blocks in store (*not available online*).

Dairy Free | Vegan | Refined Sugar Free

To see more from Meg visit her [Instagram page](#) here