

light
BREAKFAST BARS

12 Bars = 9g each

raspberry and oat banana breakfast bars

- 1½ cups (225g) raw cashews
- 1½ cups (120g) desiccated coconut
- 3 medium ripe bananas (300g), peeled and chopped
- 10 fresh dates (200g), pitted
- 2 teaspoons vanilla extract
- ½ teaspoon bicarbonate of (baking) soda
- 125g fresh raspberries
- ½ cup (45g) rolled oats
- maple syrup, for drizzling (optional)

Preheat oven to 180°C (350°F). Line a lightly greased 20cm square tin with non-stick baking paper.

Place the cashews, coconut, banana, dates, vanilla and bicarbonate of soda in a food processor and process, scraping down the sides of the bowl occasionally, for 5 minutes or until smooth. Fold half the raspberries and half the oats into the mixture, spoon into the tin and smooth the top with a palette knife. Gently press the remaining oats and raspberries into the top and cook for 25 minutes or until the top is dry and golden.

Set aside to cool for 10 minutes, then refrigerate until cold. Cut into 10 bars and serve with maple syrup, if using. **MAKES 10.**
Tip: You can store these bars in the refrigerator for up to 1 week.

With fibre and POTASSIUM (great for gut health), bananas are the STAR ingredient in these sweet breakfast bars. Give our combos a whirl, then feel free to add your own SPIN with your favourite dried fruit and grains.

sour cherry, cinnamon and banana breakfast bars

- 1½ cups (225g) raw cashews
- 1½ cups (120g) desiccated coconut
- 3 medium ripe bananas (300g), peeled and chopped
- 10 fresh dates (200g), pitted
- 2 teaspoons vanilla extract
- ½ teaspoon bicarbonate of (baking) soda
- 1 teaspoon ground cinnamon, plus extra to serve
- ½ cup (100g) dried sour cherries

Preheat oven to 180°C (350°F). Line a lightly greased 20cm square tin with non-stick baking paper.

Place the cashews, coconut, banana, dates, vanilla, bicarbonate of soda and cinnamon in a food processor and process, scraping down the sides of the bowl occasionally, for 5 minutes or until smooth. Place in a large bowl, add the cherries and mix well to combine. Spoon the mixture into the tin and smooth the top with a palette knife. Cook for 25 minutes or until the top is dry and golden.

Set aside to cool for 10 minutes, then refrigerate until cold. Cut into 10 bars, dust with extra cinnamon and serve. **MAKES 10.**
Tip: You can store these bars in the refrigerator for up to 1 week.

cacao, banana and walnut breakfast bars

- 1½ cups (225g) raw cashews
- 1½ cups (120g) desiccated coconut
- 3 medium ripe bananas (300g), peeled and chopped
- 10 fresh dates (200g), pitted
- 2 teaspoons vanilla extract
- ½ cup (35g) raw cacao powder
- ½ teaspoon bicarbonate of (baking) soda
- 2 tablespoons cacao nibs
- ½ cup (50g) walnuts, chopped

Preheat the oven to 180°C (350°F). Line a lightly greased 20cm square tin with non-stick baking paper.

Place the cashews, coconut, banana, dates, vanilla, cacao powder and bicarbonate of soda in a food processor and process, scraping down the sides of the bowl occasionally, for 5 minutes or until smooth. Add half the cacao nibs and pulse until combined. Spoon the mixture into the tin and smooth the top with a palette knife. Gently press the walnut and remaining cacao nibs into the top. Cook for 25 minutes or until the top is dry and golden.

Set aside to cool for 10 minutes, then refrigerate until cold. Cut into 10 bars and serve. **MAKES 10.**
Tip: You can store these bars in the refrigerator for up to 1 week.



cacao, banana and walnut breakfast bars