

Snickers

These bars are a much healthier version of a Snickers. The peanuts provide a good source of healthy fats and vitamin E: the oats an excellent source of B vitamins and soluble fibre. They make a great sweet snack that won't give you a sugar rush but will instead help keep energy levels stable.

Ingredients

120g Coconut oil
150g honey
150g smooth peanut butter
100g peanuts (chopped)
350g oats
3 tbsp good quality cocoa powder (70%)

Method

- *Gently melt the coconut oil, honey and peanut butter together in a pan and stir until combined. Switch off the heat.
- *Add the rest of the ingredients, mix well and spread evenly into a baking tray (20cm by 20cm works well) that has been lined with cling film.
- *Chill in fridge for a few hours to harden and then cut into bars.

Recipe notes

Keep in the fridge or freezer.
You could top them with some melted dark chocolate and some chopped peanuts to make them a bit more indulgent.



Serves : 20
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
Cals: 215
Protein: 6g
Carbs: 16g
Fat: 12g
Fibre: 3g