

## Honey Almond Cereal Bars

### INGREDIENTS

- 🥄 2 cups gluten free rolled oats
- 🥄 1 cup packed medjool dates
- 🥄 1 cup roasted almonds, chopped
- 🥄 1/4 cup almond butter
- 🥄 1/4 cup honey
- 🥄 Optional but pretty - flaked almonds to top

### METHOD

1. Blitz the dates till they form a sticky dough
2. Put the blitzed dates, almond butter and honey in a pan and heat gently till combined
3. Toast the oats by heating in a dry pan for about three minutes, moving around constantly so they don't burn
4. Pour the oats into the date / honey mix and take it off the heat. Add in the chopped almonds and mix well.
5. Line a shallow dish with parchment paper and pour the mix into it. Press down well so it's firmly packed
6. Set in the fridge for at least 30 minutes before cutting into bars. If using, sprinkle the flaked almonds on top
7. Keep in the fridge for up to a week or in the freezer for up to a month