


Perfect for breakfast on-the-go or an afternoon pick-me-up. Sweet, crunchy, and full of goodness.

OVĀVO AVOCADO MUESLI BARS

INGREDIENTS

2 cups oats
½ cup shredded coconut
½ cup almond meal (alternatively you can use other ground nuts or seeds)
½ tsp salt
¼ cup coconut oil, melted
3 tbsp popped amaranth (optional)
250g dark chocolate, finally chopped
2 tbsp honey
1-2 tbsp OVĀVO avocado powder

 **PREP/COOK TIME** 30 MINS

 **SERVINGS** 12 BARS

RECIPE

1. Preheat the oven to 180°C, and line oven tray with banking paper.
2. Add oats, coconut, almond meal and salt into mixing bowl. Drizzle with coconut oil and mix together until everything is evenly coated.
3. Pour the mixture onto oven tray and cook for 20 minutes, or until golden brown.
4. Using the same mixing bowl, combine melted chocolate, honey and OVĀVO avocado powder, and stir until smooth.
5. Remove oat mixture from the oven and add to mixing bowl, along with the popped amaranth. Give it all a good stir then pour onto lined baking pan approximately 20cm in diameter.
6. Use your hands to firmly press down, spreading evenly into the corners of the pan. Then use a large, flat-bottomed spatula to press down again and flatten evenly.
7. Cover the pan with plastic wrap and refrigerate for at least 3 hours, before cutting it into 12 evenly sized bars.