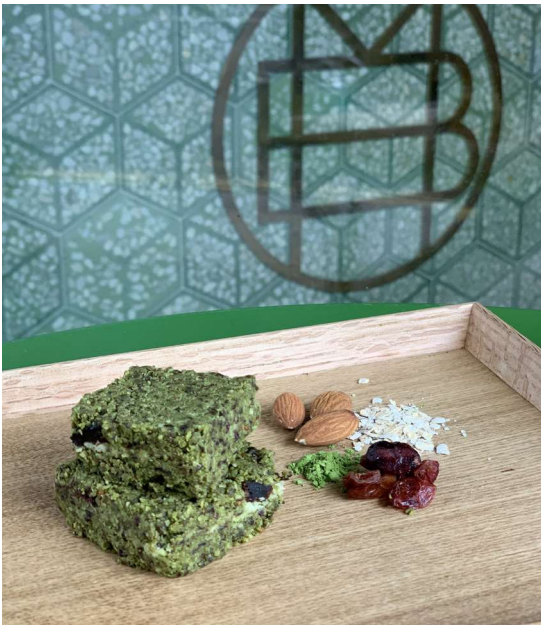




MATCHA OAT BARS

Vegan, Gluten Free oats



INGREDIENTS

- 4 tsp** coconut oil
- 200g** oat flakes
- 4 tsp** Matcha and Beyond Culinary Grade matcha
- 120g** almonds
- 120g** dried cranberries
- 4 tsp** almond butter

These raw bites are not baked and don't contain any added sugar. Almond butter and oats complement the sour flavour of cranberries and matcha brings out some interesting vegetal notes. These nourishing and filling bars are convenient to have in your fridge for a healthy snack.

- 1.** In a blender mix together the oat flakes, almonds, dried cranberries and matcha.
- 2.** Warm the coconut oil until it is in its liquid form using a pan or in a microwave. In a mixing bowl add the coconut oil and the almond butter to the almond and oat mix.
- 3.** Use your hands mix the ingredients until you get an even texture. Tip the mixture into a 8" square cake tin lined with baking paper. Firmly press the mixture into the tin evenly and cover with baking paper.
- 4.** Place in the fridge overnight. The next day, you can cut into squares or bars and enjoy as a healthy snack. You can keep them in a fridge for up to 10 days.

Naturally gluten free if you use gluten free oats. This little treat is also a good source of protein, healthy fats, fibre and of course antioxidants.