

TASTE WITHOUT WASTE

Action Packed Hiking (or anytime) Bars

Makes 16 11.5x4cm (approximately) bars

Ingredients

1 ½ cups rolled oats
½ cup pepitas
½ cup dried cranberries
¼ cup dark chocolate chips
2 tbsp shredded coconut
2 tbsp sesame seeds, toasted
¼ cup boiling water
½ cup powdered milk
1/3 cup sugar
28g peanut butter (smooth)
21g unsalted butter, softened
2 tbsp honey
Cinnamon to sprinkle

Method

Pre-heat oven to 175C. Grease and line a 23 x 33cm ceramic baking dish (or similar). The paper should go all the way up the sides of the dish as it makes it easier to remove.

In a large bowl, combine oats, pepitas, cranberries, chocolate chips, coconut and sesame seeds.

Using a stick blender, blend the sugar, boiling water and milk powder to a runny paste. Add peanut butter and butter and blend until fully mixed. It will look vile at this stage, but persevere!

Add honey and blend once more.

Pour milk mixture into oat mixture and stir to combine thoroughly.

Press into baking dish, dust with cinnamon and bake for approximately 22 minutes, or until just beginning to brown. It will appear uncooked, but don't fret – it will set as it cools.

Leave in pan for five minutes, and then remove by holding parchment paper and lifting out. Set on a wire rack to cool completely.

Cut into bars and store in an airtight container. Bars can be frozen for up to three months.

Source: Adapted from [Cutter Light](#)

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