

Vitality Nut Bar

Ingredients:

Rolled Oats	0.240kg
Dates	0.400kg
Honey	0.090kg
Almond Milk	0.120kg
Peanut Butter	0.085kg
Mixed Nuts	0.085kg
Scotts No Added Sugar Coatings for dipping	

Method:

- Chop dates
- Add oats, peanut butter and mixed nuts
- Add honey
- Add almond milk slowly
- Flatten on a tray. Bake at 165°C for approx. 20 min
- Cut as desired
- Melt Scotts No Added Sugar coatings and dip bars as desired

