

Manawa Honey Nut Bars

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This no bake recipe makes delicious snack bars that are great for kids lunch boxes or as an afternoon snack to keep the 3 O'clock blues at bay.

Mix and match the ingredients to cater to kids likes and get them helping. They are so proud when they take them to school and show their mates what they made.

Ingredients can be purchased from the bulk bins at your local supermarket.

Ingredients

- 1/3 cup peanut butter
- 1/3 cup Manawa Honey
- 1/2 tsp vanilla extract(optional)
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1 1/2 cups old fashioned oats
- 1/2 cup sliced almonds
- 1/2 cup dried cranberries

1/2 cup dried blueberries
1/4 cup shelled pistachios
1/4 cup pumpkin seeds (raw)
1/8 cup sunflower seeds
1/8 cup flax seeds

Directions

Line an 200x200mm (8x8") baking tray with baking paper, enough so the paper overhangs the edges of the baking pan. This makes removing the bars a lot easier.

Add oats, almonds, pistachios, pumpkin seeds, sunflower seeds, flax seeds, dried cherries and dried blueberries to a large mixing bowl. Toss to combine.

Combine peanut butter, honey, coconut oil, salt, cinnamon and vanilla in a microwavable mixing bowl. Microwave 30-40 seconds, or until honey is bubbling/foamy. Stir well to combine.

Pour melted peanut butter mixture over the dry ingredients and use a rubber spatula to stir it all together.

Transfer mixture to prepared baking pan. Top with a sheet of baking paper and press down firmly into an even layer. Really compact it well.

Refrigerate 2+ hours, or overnight. Slice into 8 bars and serve.

Recipe developed for Manawa Honey NZ

by Chef Jimmy Boswell

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