

Apricot and Coconut Oat Bars



If you are looking for a healthier alternative for snack bars, we've got you covered! Apricot and coconut bar is a great option as it is not only tasty but also highly nutritious. Apricot, a good source of vitamin A and antioxidants is great for your skin, while coconut flesh and oil support your immune system, provide you with energy and enhance your fitness performance. Perfect for pre or post work out, this recipe is sure to make you feel good inside out!

Ingredients

- 250g dried apricots
- 210g porridge oats (1 1/2 cups). You may add more if you like.
- 45g desiccated coconut, 1/2 cup
- 2 tablespoons coconut oil, melted
- 2 tablespoons rice syrup
- Pinch of salt

Method

- Preheat the oven to 170C. Line a baking sheet with baking parchment.
- In a food processor, put in ¾ of the dried apricots along with the coconut oil, oats, rice syrup, desiccated coconut and salt and blend until smooth.
- Add the remaining dried apricots and blend for a few more seconds to add an extra crunch.
- Pour the mixture on to the baking tray and press down firmly; making sure it is all evenly spread.
- Bake for 20-25 minutes until golden and set aside to cool. Refrigerate for 15-20 minutes before cutting into bars.

Recipe and image courtesy of deliciouslyella.com

