

## Hazelnut & Chocolate Cereal Bars

*These are my children's favourite cereal bars and are the perfect on the go breakfast or snack*

### INGREDIENTS

- ◆ 1.5 cups gluten free jumbo oats
- ◆ 1 cup toasted chopped hazelnuts
- ◆ 1/4 cup maple syrup
- ◆ 1/2 cup unsweetened hazelnut butter (peanut butter also works)
- ◆ 1/2 cup chocolate chips

### METHOD

- ◆ Toast the oats in a dry pan for about 3 minutes moving constantly so they don't burn. Pour into a bowl and put aside
- ◆ In the same pan, gently heat the maple syrup and nut butter till combined. Take off the heat. Return the oats to the pan, add the hazelnuts and chocolate chips and mix well
- ◆ Line a shallow dish with parchment paper and pour the mix into it. Press down well so firmly packed
- ◆ Set in the fridge for at least 30 minutes before cutting into bars.
- ◆ Wrap in parchment paper. Keep in the fridge for up to a week or in the freezer for up to a month