

Carrot muesli bars



Ingredients for 4 people

Makes about 12 bars

130 g bunched carrots
4 tbsp coconut oil
100 g soft rolled oats
60 g of grainy rolled oats
3 heaped tbsp grated coconut
2 tbsp chia seeds
2 heaped tbsp pumpkin seeds
2 heaped tbsp cranberries
8 tbsp unsweetened apple sauce or
alternatively apple puree
200 g white chocolate coating
1 tsp coconut oil

Preheat the oven to 180 °C (conventional oven) and grease a small baking tray (approx. 20 × 20 cm). Alternatively, line a baking tray or baking sheet with baking paper. Melt 4 tbsp coconut oil in a small saucepan over a low heat, set aside and leave to cool.

Meanwhile, in a mixing bowl, mix the fine and coarse oat flakes, grated coconut, chia seeds, pumpkin seeds and cranberries. Grate the carrots and add to the oat mixture. Add the apple purée and coconut oil and mix well. Pour the oats and carrots into the oven dish or spread evenly on the baking tray. Press down well with the back of a tablespoon.

Bake on the middle shelf for about 25 to 30 minutes until golden brown. Remove from the oven and allow to cool slightly. While the baked mixture is still warm, carefully cut it into bars about 4 cm wide and allow to cool completely.

Break the white chocolate into large pieces and melt together with 1 tsp coconut oil in a bain-marie or in the microwave. Dip the underside of the carrot muesli bar in the melted chocolate, place on a piece of parchment paper and leave to cool.

Have fun snacking!