



BREAKFAST GRANOLA BARS

Ingredients:

- 2.5 CUPS MIXED NUTS & SEEDS
- 30G DRIED FRUIT
- 1 EGG
- 4 TBSP MAPLE SYRUP
- 2 TBSP ALMOND BUTTER
- 1 TBSP COCONUT OIL
- 1/2 TSP SALT

Method

1. PREHEAT OVEN TO 190°C / 375°F AND LINE A BAKING TRAY WITH PARCHMENT PAPER.
2. IN A LARGE BOWL COMBINE EGG AND MAPLE SYRUP .
3. IN A MICROWAVE SAFE BOWL, ADD ALMOND BUTTER AND COCONUT OIL. MICROWAVE FOR 15-30 SECONDS UNTIL MELTED. MIX UNTIL COMBINED, THEN ADD TO THE EGG MIXTURE AND MIX AGAIN UNTIL COMBINED.
4. ADD IN NUTS, SEEDS, FRUIT AND SALT. STIR UNTIL WELL COMBINED.
5. POUR MIXTURE ONTO LINED BAKING TRAY AND PRESS DOWN ON MIXTURE FIRMLY TO FLATTEN TO 0.5 IN THICKNESS AND PACKED TIGHTLY.
6. BAKE FOR 15 MINUTES.
7. REMOVE FROM OVEN AND LET COOL COMPLETELY BEFORE SLICING. ENJOY!

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Nutritional Information

SEEDS - SEEDS ARE GREAT SOURCES OF FIBER. THEY ALSO CONTAIN HEALTHY MONOUNSATURATED FATS, POLYUNSATURATED FATS AND MANY IMPORTANT VITAMINS, MINERALS AND ANTIOXIDANTS. WHEN CONSUMED AS PART OF A HEALTHY DIET, SEEDS CAN HELP REDUCE BLOOD SUGAR, CHOLESTEROL AND BLOOD PRESSURE.

NUTS - ALTHOUGH NUTS ARE HIGH IN FAT, IT'S MAINLY HEALTHIER UNSATURATED FAT. THEY CONTAIN PROTEIN, B VITAMINS, VITAMIN E AND MINERALS, INCLUDING IRON, POTASSIUM, SELENIUM, MAGNESIUM, ZINC AND COPPER. THEY ARE A FANTASTIC SOURCE OF PROTEIN AND A GREAT, HEALTHY WAY TO SNACK.

DRIED FRUIT - PEOPLE WITH DIETS RICH IN PLANT PHENOLS HAVE LOWER RATES OF HEART DISEASE, DIABETES, SEVERAL KINDS OF CANCER, AND POSSIBLY DEGENERATIVE BRAIN DISEASES.

EGG - EGGS ARE A VERY GOOD SOURCE OF INEXPENSIVE, HIGH-QUALITY PROTEIN. MORE THAN HALF THE PROTEIN OF AN EGG IS FOUND IN THE EGGWHITE, WHICH ALSO INCLUDES VITAMIN B2 AND LOWER AMOUNTS OF FAT THAN THE YOLK. EGGS ARE RICH SOURCES OF SELENIUM, VITAMIN D, B6, B12 AND MINERALS SUCH AS ZINC, IRON AND COPPER.

MAPLE SYRUP - STUDIES INDICATE THAT MAPLE SYRUP IS A DECENT SOURCE OF ANTIOXIDANTS WHICH CAN HELP SUPPORT THE IMMUNE SYSTEM. IT IS A GREAT ALTERNATIVE TO REFINED SUGAR.

ALMOND BUTTER - ALMOND BUTTER IS A FAR HEALTHIER ALTERNATIVE TO NORMAL FATTY BUTTER, IT CONTAINS HEART-HEALTHY MONOUNSATURATED FATS AS WELL AS VITAMINS AND MINERALS, INCLUDING VITAMIN E, MAGNESIUM, AND CALCIUM.

COCONUT OIL - COCONUT OIL CONTAINS NATURAL SATURATED FATS THAT INCREASE HDL (GOOD) CHOLESTEROL LEVELS IN YOUR BODY. THEY MAY ALSO HELP TURN LDL (BAD) CHOLESTEROL INTO A LESS HARMFUL FORM. BY INCREASING HDL, MANY EXPERTS BELIEVE THAT COCONUT OIL MAY BOOST HEART HEALTH COMPARED WITH MANY OTHER FATS.