



## **Crunchy Peanut Bar**

**makes 8**

**(size 11cm x 22cm)**

Equipment:

Mini chopper or food processor and baking sheet

Ingredients:

3 tablespoons buckwheat flour  
2 tablespoons almond meal  
1 tablespoon dry roasted peanuts \*see note  
1 tablespoon pepita  
1 tablespoon flaxseeds  
1 tablespoon sesame seeds  
1 tablespoon chia seeds  
½ tablespoon peanut butter  
2 tablespoons cashew butter  
(or crushed cashew)  
1 tablespoon carob powder  
1 tablespoon coconut cream  
1 tablespoon desiccated coconut  
1 tablespoon raw honey  
1 teaspoon sea salt

Note: you can just use peanut butter but roasted peanuts enhance nutty flavour.



Directions:

- 1) Mill pepita, peanuts, sunflower seed, flaxseed and cacao butter in a mini chopper.
- 2) Add the rest of ingredients and mix well.
- 3) Pour 2) onto baking sheet lined tin and press with fork or spatula to settle.
- 4) Put 3) in a freezer for 20-30 minutes (or fridge for a bit longer time) and cut into 8 bars. (Number may vary according to each size)

Storage:

Keep them in the fridge or freezer wrapped with foil.