

# Non bake gluten free granola bars with NUTELLA<sup>®</sup> hazelnut spread

Easy

1 h 20 min



## INGREDIENTS

for 13 portions

- ¼ cup coconut oil
- ¼ cup agave
- pinch of salt
- 2 tsp vanilla
- ¾ cup tahini
- 2 cups gluten free oats
- 2 tsp chia seeds
- ¼ cup flax meal
- ¼ cup crushed macadamia nuts
- ¼ cup pepitas/pumpkin seeds
- ¼ cup sunflower seeds
- ½ cup chopped dried fruit (figs, apricots or raisins)
- ½ cup unsweetened shredded coconut
- 16 tbsp NUTELLA<sup>®</sup> hazelnut spread, 1 tsp per serving
- 1 heaped tsp Nutella<sup>®</sup> (15g) per portion

## METHOD



1

Melt coconut oil, agave, salt and vanilla in a medium saucepan. When liquid mixture melts and becomes a bit foamy, turn the heat down to low, add the tahini, oats and stir to coat. Add the chia seeds, flax meal and stir to coat.

Finally, add the nuts, dried fruit and coconut and fold in to the mixture.

Continue cooking on low heat for a couple minutes (this will soften the ingredients slightly before you cool them, allowing them to stick together better).



2

Press into an 8" x 8" pan lined with parchment paper or plastic wrap.

Refrigerate for at least 1 hour or preferably overnight. Cut into 16 individual bars. Before serving, spread each bar with NUTELLA<sup>®</sup> hazelnut spread using the edge of the NUTELLA<sup>®</sup> Multi-Tool or any tool of your choice. Serve with a glass of milk and a side of fruit

Tip: Bars can be stored in refrigerator for up to 7 days.

**3**

Cut into 16 individual bars. Before serving, spread each bar with NUTELLA® hazelnut spread using the edge of the NUTELLA® Multi-Tool or any tool of your choice. Serve with a glass of milk and a side of fruit

Tip: Bars can be stored in refrigerator for up to 7 days.