

# Blueberry Breakfast Bars

- 2 or 3 Ripe Bananas - Mashed
- 300g Popped Oats
- 100g Mixed Seeds
- 60g Almonds - Roughly Chopped
- 100g Coconut Oil
- 100g Peanut Butter
- 75g Maple Syrup
- 1/2 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Sea Salt
- 225g Blueberries

① Preheat the Oven to 180°C, gas 4  
grease and line a 20cm square tin.

② Melt the Coconut Oil in a small pan  
until liquid. Remove from the heat  
and add the Peanut Butter and  
Maple Syrup - stir to combine.

③ Tip the Oats into a bowl and mix in half the Seed Mix, Cinnamon, nutmeg and Sea Salt, pour the contents from the pan into the bowl along with the mashed bananas and mix well.

Tip the mixture into the prepared tin and press down the surface.

Scatter over the rest of the seed mix, chopped almonds and the blueberries. Give them a gentle push down and Bake for 45 minutes or until set.

④ Cool in the tin and cut into bars.