

# No-bake Choc- Oat Bars

Keeping lunch boxes in mind, we are going to continue with easy, delicious lunch box snacks. This week's chocolate bars are packed with nutritional goodness and energy. Barbara Garson has owned her Thermomix for over 3 years and loves every minute of it. Thank you Barbara for the recipe.

NB: Suitable for both TM5 and TM31

Total prep time: 10 minutes  
Makes 36 bars

## Ingredients

165g raw peanuts  
140g coconut oil  
200g dark chocolate broken into pieces  
165g honey  
250g oats  
60g desiccated coconut  
60g chopped nuts, we used pecan nuts  
60g raisins  
80g cranberries  
5ml vanilla extract



**Method** - Grease and line 1 baking tin 25 x 25cm

1. Place peanuts into TM bowl Mill **15 sec/speed 8**. Scrape down sides of the bowl with TM spatula. Mill a further **15 sec/speed 8**.
2. Add coconut oil and blend **20 sec/speed 10**.
3. Add chocolate and heat **3 min/50°C/speed 1** until chocolate has melted.
4. Add honey followed by remaining ingredients. Mix **20 sec/reverse/speed 3**.
5. Place into lined tin and set in the refrigerator. Once set, cut into bars. Keep stored in the fridge.

## Cook's notes

- Substitute chocolate for carob
- Instead of peanuts, use peanut butter and omit step 1 in method.
- Experiment with different seeds, nuts and dried fruit.
- Substitute coconut oil for butter

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