

Flora No Bake Muesli Slice

Ingredients:

- 1 1/2 cups (135g) rolled oats
- 1/2 cup mixed dried fruit (e.g. sultanas, goji berries, cranberries, pineapple, mango)
- 1 cup of mixed seeds and nuts (e.g. chia, pepitas, sunflower seeds, almonds, cashews, pistachios)
- 1 cup desiccated coconut
- 3 tbsp Flora Hemp Seed Sprinkle
- 2 tsp Inner Flora or Flora Maxi Greens or 1 tsp of each
- 5 tbsp honey
- 5 tbsp coconut oil
- 1 tsp vanilla extract
- 1/4 cup (35g) dark chocolate melts, melted



Directions:

Grease a 18cm x 28cm slice pan and line with baking paper, allowing the sides to over hang for easy removal from pan once set.

Combine the dry ingredients in a heatproof bowl. Melt the honey and coconut oil in a small saucepan over medium heat for 3 mins until combined. Bring to the boil. Cook for 2 mins until lightly golden in colour.

Remove from heat. Stir in the vanilla. Pour honey mixture over oat mixture. Stir until well combined. Press into prepared pan. Place in the fridge for 3 hours or until firm. Cut into pieces. Drizzle or coat with dark chocolate.

Store in an airtight container in the fridge for up to 1 week.

Naturally
Fermented



Flora Ferm™
A natural fermentation process.

