



No-Bake Oaty Bars

Dr Laura Wyness

SERVES: 4

TIME TO MAKE: 15 MINS

ALLERGENS: SESAME, SULPHITES

Hamlyns of Scotland, a family-owned business, has been producing oats in Scotland since 1965.

Ingredients

- 80g Hamlyns Scottish Porridge Oats
- 2 tbsp chia seeds
- 1 tsp cinnamon or mixed spice
- 50g soft dates
- 2 tbsp tahini
- 40g finely grated carrot



Notes

These keep in the fridge for up to 5 days, or in the freezer for up to 3 months.

Method

1. Mix all the dry ingredients together in a bowl (i.e. the oats, chia seeds and cinnamon)
2. Blitz the dates and tahini in a blender or food processor until combined.
3. Squeeze out most of the juice from the grated carrot and add the carrot to the dry ingredients along with the date and tahini mix.
4. Mix all the ingredients thoroughly. It's best to use your hands to do the mixing.
5. Make 4 balls from the mixture and flatten and shape each ball into bar on a piece of greaseproof paper. Wrap each bar up and store in the fridge, so you have a breakfast bar ready to grab and enjoy on a busy morning.

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	191 kcal	7.7 g	1.2 g	8.2 g	0.01 g	21 g	6.1 g	5.9 g
%RI	10%	11%	6%	9%	0%	8%	12%	24%

Per 1 serving (44 g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)