

NUT FREE MUESLI BAR (PALEO)



I've been experimenting for a while for a nut free, grain free, dairy free "muesli" bar that will hold together for the school lunches. This is the current best attempt so far. The challenges are that what holds most bars together is the grains and loads of sugar plus they're usually full of additives and preservatives including industrial seed oils like canola oil.

If you're making for eating at home you can add in coconut oil or butter more freely as you can store and eat straight from the freezer. But in the lunchbox these sorts of bars will end up melting so you need to keep the oil/butter content lower.

You can use this recipe for a baked bar or for a "no bake" bar but for the "no bake" you must eat directly from the freezer (not for school lunches). If you're not baking then it definitely tastes better to toast the seeds and coconut but if you're rushed it's not necessary.

Play around with this recipe and let me know if you find any interesting alternative ways that work as well!

5.0 from 1 reviews

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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

When made in standard square baking dish this makes 10 muesli bar shaped bars or 15 smaller bars which are thinner than “normal” bars. To make them more like normal you can make in a loaf tin or double the mixture. Just make extra sure to push down on the mixtures before and after baking to compact the mix.

Author: Dom's Kitchen

Recipe type: Snack

Type of food: Paleo

Serves: 10 min - 1 hour

What you need:

- Ingredients To Toast:
 - ½ cup sunflower seeds
 - ½ cup pumpkin seeds
 - ½ cup sesame seeds
 - ½ cup coconut, desiccated or shredded
 - ½ cup chia seeds (or ¼ cup flaxseed & ¼ cup chia seeds)
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- Other Ingredients:
 - ½ cup banana, ripe & mashed
 - ¼ cup raw honey (or maple syrup)
 - 2 Tbsp coconut oil (or 3 Tbsp butter for better stickability)
 - ½ tsp ground cinnamon

