

# PALEO NUT BAR



*Paleo Nut Bar*

Holiday days are perfect for getting into the kitchen with children. Has anyone else been making something yummy this week? Let us know in the comments. We've been busy making this paleo nut bar - super delicious and easy too.

We were invited to take part in the #goodfoodchallenge happening over at Alison's Pantry. As part of that we received a mystery box of Alison's Pantry ingredients to use as a base for our creation. Our box had almonds, mixed nuts, sunflower seeds, pumpkin seeds and currants so we decided to make up a new paleo treat. The great thing about this recipe is that it's extremely versatile so you

can swap things in and out no problem. Just ensure that the end mix is sticky (wet) enough to come together in the freezer.

Really once you get the hang of making your own snack bars you'll never want to buy store bought muesli/granola bars again.

This paleo nut bar is:

- so easy to make
- the perfect combination of salty and sweet
- portable
- chewy
- jam packed with nutrient dense ingredients
- the perfect snack for kids (or big kids!)

Perfect Paleo Snack Bar



Prep time

20 mins

Cook time

2 hours

Total time

2 hours 20 mins

Author: Dom's Kitchen

Recipe type: Snack bar

Type of food: Paleo

Serves: 14-21

What you need:

- Dry ingredients:

