

Amaranth and Carob Bars

This is a very morish recipe. Cook and eat straight away as part of a meal or a snack.

Goes well with Thai Curry or a salad.

This recipe will serve 2 people.

With a total of 32g protein.

Which is enough protein for 2 people for one meal depending on your height and gender.

Ingredients

¾ cup pitted prunes
4 pitted medjool dates
150g peanut or macadamia butter
2 tbsp plus ¼ cup tasteless or regular coconut oil
2 tbsp olive oil
1 tbsp maple syrup (optional)
¼ tsp cayenne pepper
1 cup toasted pepitas
3 tbsp cacao nibs
½ cup roughly chopped Brazil nuts
1 cup amaranth puffs
¼ cup carob powder
¼ cup maple syrup or agave
½ to 1 tsp smoked paprika
2 tbsp flaked salt

Method

1. Cut the prunes and dates up small & place in a saucepan with the peanut/ macadamia butter, 2 tbsp coconut oil, olive oil & 1 tbsp maple syrup if using. Heat until oil is fully melted.
2. Place in a bowl and mix in the cayenne, pepitas, cacao nibs, Brazil nuts & amaranth puffs.
3. Place in a rectangle dish (approx. 30cm x 12 cm) and press in firmly & level.
4. In a saucepan place the ¼ cup tasteless coconut oil, heat until melted. Stir in the maple or agave, carob and smoked paprika until smooth. Pour over the slice and sprinkle on the flaked salt.
5. Let set in fridge overnight or for 6 hours then slice into bars or triangles.

The logo for Veet Karen, featuring the name in a stylized, cursive script.