

Raspberry oat bars (vegan)



 15 min.  160 kcal  SteviaSweet Crystal

Preparation

Preheat the oven to 200 °C. Line a small oven dish (20 x 30 cm) with baking paper. Place all the ingredients except the raspberries and oats in the bowl of a food processor and blend until smooth. Gently fold in the raspberries. Put the mixture into the oven dish and press the oats on top. Bake in the oven for 20 to 25 minutes or until the oats are golden brown.

Place in the fridge to cool before cutting into bars.

Ingredients for 14 servings

200 g	cashews
50 g	coconut flakes
3 (250 g)	ripe bananas
100 g	dried dates
1/2 tsp	ground vanilla
1/2 tsp	baking powder
2 tsp	SteviaSweet Crystal
125 g	raspberries
20 g	rolled oats

Nutritional information per portion

160	kcal
672	kJ
6	g Protein
18	g Carbohydrates
9	g Fat