



## SAUNDERS' MALT EXTRACT

Preparation

20  
MINS

Freeze

1  
HR

Makes

18

Difficulty

EASY

# MALT, TAHINI AND ALMOND BARS

These no-bake treats will banish your sugar cravings without you needing to reach for the sugar. What's more you can make up batches and keep in the freezer for whenever a sweet treat is needed.

## INGREDIENTS

- 1/3 cup Saunders' Malt Extract
- 1/4 cup coconut oil
- 1 & 1/4 cups tahini
- 15 medjool dates, pitted, roughly chopped
- 1 & 1/2 cups roasted almonds, roughly chopped
- 1/4 cup black chia seeds
- 95g rolled oats
- 1 & 1/2 cups puffed rice (rice bubbles)

## METHOD

- 1 Lightly grease and line a 20cm x 30cm slice tin.
- 2 Place all the ingredients except the puffed rice in a food processor and pulse until mixture resembles a crumb consistency.
- 3 Transfer to a bowl and gently fold through the puffed rice.
- 4 Spoon mixture into prepared pan and smooth over the top, pressing into the corners.
- 5 Place in the freezer for 1 hour or until set.
- 6 Remove and cut into 18 bars. Place the bars in a container and return to the freezer. Serve straight from the freezer as they will soften quickly.

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