

MATCHA GREEN TEA GRANOLA BARS



LifeShape Clinic

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INGREDIENTS (SERVES 16)

2 cups oats
¼ cup pumpkin seeds
1 ½ cups puffed rice
100g cup dried fruit mix, chopped
¼ tsp flaky sea salt
1 tbsp matcha powder
3 tbsp honey
3 tbsp maple syrup
⅓ cup tahini
1 tsp vanilla extract

METHOD

1. Preheat oven to 160°C. On a non-stick baking tray, spread oats and pumpkin seeds in a single layer. Bake for 10 minutes until golden. Then cool slightly.
2. Meanwhile, over low heat, gently combine honey, maple syrup, tahini and vanilla in a small saucepan until melted together.
3. Transfer cooled oats and seeds to a large bowl, then add fruit, rice puffs, salt, matcha and syrup mixture. Stir until well combined.
4. Line a brownie tin with baking paper. Pour mixture into the tin and press firmly. Transfer to the fridge for 2 hours to harden. Slice into bars.



Nutrition Guide

PER SERVE

Energy (cal)	140cal
Protein	3.4g
Fat	5.3g
Saturated Fat	0.8g
Carbohydrate	19g
Sugar	11.3g
Sodium	41mg
Fibre	2.3g

RECIPE VARIATION

1200

Snack Requirement: 70 - 100 cal
Meets Requirements: No
Recommendations: Increase serves to 20 bars and decrease tahini to ¼ cup
Total Meal Calories: 100 cal

1500

Snack requirement: 120 - 150 cal
Meets requirements: Yes
Total meal calories: 140 cal

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