

Apricot and Ginger Energy Bars – wearesovegan.com



Ingredients

200g dried apricots plus extra for decoration

4tbsp Maple Syrup

100g coconut oil

200g porridge oats

2 tbsp ground ginger

60g hazelnuts

60g pistachios

60g pumpkin seeds

80g 73% dark chocolate buttons

Method

- Soak apricots in a small bowl of hot water from the kettle for 5 mins then drain and transfer to a food processor along with the maple syrup and coconut oil. Process until fully combined.
- Add the oats and ginger and pulse until mostly combined. Transfer to a mixing bowl.
- Roughly chop the hazelnuts and pistachios and add to the bowl with the pumpkin seeds, stir everything until fully incorporated
- Line a 7" square tin with baking paper and pour the mixture into the tin. Even out the surface with the back of a metal spoon and decorate with apricots pushed into the surface.
- Place into the fridge for 2 hours
- Remove from the tin and slice into bars using a sharp knife
- Melt the chocolate over a pan of barely simmering water
- Dunk the end of each bar into the melted chocolate and place on baking paper to cool
- Once the chocolate has set, place bars in an airtight container in the fridge for up to a week.