
SALTED HONEY MILLET & MACADAMIA BARS WITH DARK CHOCOLATE

 GF, RSF, Dairy Free  20 mins + setting time overnight  12



Ingredients

- 3 cups puffed millet (if you can't find puffed millet you could use puffed brown rice instead)
- 2 cups raw macadamias (or any nuts/seeds of your choice)
- 2 tbs black chia seeds
- ¾ cup raw honey
- ¾ cup rice malt syrup
- ½ cup hulled tahini (sesame seed paste)
- 1½ tsp fleur de sel (flaked sea salt)
- 200g good quality dark chocolate (I have used Pana raw chocolate)



Method

1. In a large mixing bowl combine the puffed millet, macadamias and chia seeds.
2. In a small saucepan combine the honey and rice malt syrup and bring to a simmer, then remove from the heat and stir through the tahini and fleur de sel.
3. Pour the mixture over the puffed millet mix and stir well to combine.
4. Scoop the mixture into a paper lined 27x20cm brownie pan and press down firmly.
5. Place into the fridge overnight to set.
6. Melt the chocolate in a heatproof bowl over a pot of simmering water.
7. Option 1: Pour the melted chocolate over the pre-cut bars while still in the pan, then place back into the fridge to set, then slice into bars. Option 2: Cut the slice into bars first and then dip the cut bars into the chocolate so they are coated (as I have done here). Then place them back into the fridge to set, until the chocolate is hard, ideally overnight. This way is a little more fiddly and time consuming.
8. Store the bars in the fridge. They will keep in there for a couple of weeks. Enjoy!

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