



Oat & Seed Gut-Friendly Bars

These bars are rich in fibre, glutamine, and omega-3, making them great for gut health.

Prep Time: 10 mins, **Cook Time:** 25 mins, **Makes:** 10

Ingredients

- 200g oats
- 50g sunflower seeds
- 50g pumpkin seeds
- 2 tbsp ground flaxseeds (for omega-3)
- 100g dried fruit (e.g., chopped apricots or dates)
- 2 tbsp chia seeds (soaked in 4 tbsp water for 10 minutes)
- 1 tbsp inulin powder (optional)
- ½ tsp cinnamon
- 4 tbsp honey or maple syrup
- 2 tbsp coconut oil

Method:

1. Preheat oven to 180°C (160°C fan).
2. In a bowl, mix oats, seeds, flaxseeds, dried fruit, cinnamon, and inulin.
3. Melt the coconut oil and mix with honey/maple syrup. Stir into the oat mixture.
4. Add the soaked chia seeds and mix well.
5. Press into a lined baking tray (20cm x 20cm) and bake for 20–25 minutes until golden.
6. Cool, slice, and serve.