

SNICKERS TREATS

INGREDIENTS:

200 g natural peanuts
60 g oatmeal
160 g (8 big) juicy dates
1-2 tbsp honey
20 g coconut oil
salt
chocolate

PREPARATIONS:

1. *Put all the ingredients in a food processor except the coconut oil until it is crumbled. Add the coconut oil in the end.*
2. *Shape it in a square and put it in the freezer for 5 minutes.*
3. *Melt the chocolate. Take out the form from the freezer, cut it into pieces 2 x 5 cm, put on some chopped peanuts, and garnish with the melted chocolate.*

SUNNE SNICKERS-FRISTELSER

INGREDIENSER:

200 g naturlige peanøtter
60 g havregryn
160 g (8 store) dadler
1-2 ss honning
20 g kokosolje
salt
sjokolade

FRAMGANGSMÅTE:

1. *Ha alle ingrediensene, unntatt kokosolje, i en food prosessor, det skal være litt grovhakket. Ha i kokosoljen til slutt.*
2. *Form det til en firkant og ha det i fryseren 5 minutt.*
3. *Smelt sjokoladen. Skjær massen ut i 2 x 5 cm. biter, ha over litt hakkede peanøtter og smeltet sjokolade.*