

# Champion's Crunch Oat & Nut Bar

with Peanut Butter, Dates & Dark Chocolate



Roasted Almonds



Diced Dried Dates



Classic Oat Mix



Peanut Butter



Dark Chocolate Chips

Prep in: **15 mins**  
Ready in: **30 mins**

Get ready to power up with the delectable flavours of dark chocolate and peanut butter. A mix of dates and nuts are folded through this baked oat bar to provide hours of energy, while a layer of chocolatey goodness is the perfect answer to your sweet-treat needs!

### Pantry items

Olive Oil, Honey, Vegetable Oil

## Before you start

Wash your hands and any fresh food.

## You will need

20cm square baking tin lined with baking paper

## Ingredients

	6-8 People
<b>olive oil*</b>	2 tbs
roasted almonds	2 packets
diced dried dates	1 packet
<b>boiling water*</b>	¼ cup
classic oat mix	1 packet
<b>honey*</b>	¼ cup
peanut butter	1 packet
dark chocolate chips	1 packet
<b>vegetable oil*</b>	2 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	5843kJ (1397Cal)	1885kJ (451Cal)
Protein (g)	26.3g	8.5g
Fat, total (g)	59.4g	19.2g
- saturated (g)	22.7g	7.3g
Carbohydrate (g)	179.9g	58g
- sugars (g)	110.5g	35.6g
Sodium (mg)	276mg	89mg
Dietary Fibre (g)	14.8g	4.8g

The quantities provided above are averages only.

\*Nutritional information is based on 7 servings.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.nz/foodinfo](https://hellofresh.com.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Make the batter

- Preheat oven **220/200°C fan-forced**. Boil the kettle.
- Roughly chop **roasted almonds**.
- In a small heatproof bowl, place **diced dried dates**. Add the **boiling water** (¼ cup).  
Set aside.
- In a large bowl, add **classic oat mix**, the **olive oil**, **honey**, **peanut butter**, **chopped almonds**, **dates** (including liquid from bowl) and a pinch of **salt**.
- Stir until well combined.

3



## Melt the chocolate

- While the bar is cooling, place **dark chocolate chips** and the **vegetable oil** in a medium heatproof bowl.
- Microwave in **20 second** bursts, stirring each time, until chocolate is melted.

**TIP:** Chocolate can burn fast, melt in 20 second bursts to keep an eye on it!

2



## Bake the champion bar

- Transfer **oat mixture** into a lined baking tin. Spread with the back of a spatula about 1cm thick.
- Bake until golden, **15-20 minutes**.
- Allow to cool for **5 minutes**.

4



## Serve up

- Once the champion bar has cooled, slice into rectangles.
- Dip the base into dark chocolate and transfer to a baking paper-lined plate.
- Transfer to fridge until chocolate has set, **30 minutes**. Enjoy!

**TIP:** Store bars in an airtight container for up to 3 days!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.nz/rate](https://hellofresh.com.nz/rate)