



Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity to Use – <u>2 portions</u>
Bidfood MTD	88161	Porridge oats	Grams	60
Bidfood MTD	50754	Chopped dates	Grams	84
Bidfood MTD	4389	Maple syrup	Grams	32
Bidfood MTD	93177	Smooth peanut butter	Grams	24
Bidfood MTD	29573	Flaked Almonds	Grams	40
Bidfood MTD	2693	Chia seed mix	Grams	12
		Cold water	MI	12

Vegan Oat Breakfast Bar

Method:

1. Weigh out all of the ingredients.
2. Chop the dates on a board also roughly chop the almonds. Mix the dates and almonds in a bowl with the oats and chia seeds.
3. Warm the maple syrup, water, and peanut butter in a pan (do not boil). Fold this through the oat mix and mix it well.
4. Put in a parchment lined baking tray and press it down. Cover in cling film and refrigerate for at least 2 hours.
5. Remove from the tin and carefully cut into squares or bars and serve as required.

Nutrition per portion:

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	500.1	61.8	40.7	21.1	2.7	13.9	8.9	0.3
%RNI	25%	24%	45%	30%	14%	28%	30%	5%

Allergens:

Gluten, Peanuts, Tree Nuts (May Contain).

Quality statement: The details in this document are accurate at the time of production on 9 April 2021. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain Food framework, and so may differ to those you use for this recipe. ***Please do check labelling on products to confirm details, for example allergens.***