

# Seed & Honey Brekkie Bars

**Serves:** 35  
**Prep:** 20 mins  
**Cook:** 20-25 mins

**Dietary:** VEG, DF, EF, NF  
**Allergens:** Wheat  
**Age group:** 12 months+  
**Mealtime:** Snack  
**Difficulty level:** Beginner

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# Seed & Honey Brekkie Bars



Vegetarian



Nut Free



Egg Free



Dairy  
Free

## Equipment

High-speed food processor

## Ingredients

- ½ cup (100g) melted coconut oil
- ½ cup (170g) raw honey
- 1 tsp (5ml) vanilla extract
- 2 cups (220g) oats
- 1 ½ cups (22g) brown rice puffs
- ½ cup (70g) pumpkin seeds

Serve with:

- Milk of choice

## Method

1. Preheat the oven to 180°C and line an 8x8" baking dish with baking paper.
2. Place all ingredients into a high-speed food processor and pulse until combined.
3. Press mixture evenly into the baking dish.
4. Bake for 20-25 mins, remove from the oven and place on a rack to cool for 10-15 mins.
5. Cut into pieces and serve with milk.

**Storing leftovers:** Store in an airtight container in the freezer for up to 4 months.

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## Tips

✓ **Allergies:**

For a gluten-free version: Swap oats with quinoa flakes.

✓ **Easy ingredient swaps:**

Swap rice puffs for puffed grain of choice.

Swap pumpkin seeds for seeds of choice.