

FROZEN YOGHURT BARS

I turn to these bars when in need of a refreshing snack on a hot summer's day. I love their dramatic double-decker look: oats bound by peanut butter in the first layer, followed by a creamy layer of yoghurt rippled with crushed berries. So yum and, the best part is, these bars are super healthy.	Makes 16
Place the berries and 1 tablespoon of water in a small saucepan, cover with the lid and cook over low heat for 5–8 minutes or until the berries just start to break down. Roughly mash the berries with a fork, then cool to room temperature. Line a 20 cm square brownie tin with two sheets of plastic wrap. Combine the dates and peanut butter in a food processor and blitz to form a rough paste. Add the oats, LSA and cinnamon and pulse to combine. Pour the oat mixture into the tin and smooth out with the back of a spoon, pressing down firmly so the surface is even and compact. Combine the yoghurt and maple syrup in a bowl and pour over the oat mixture, spreading out evenly. Dollop the cooled berries on top with a dessertspoon. Then use the back of the spoon to form ripples, so the yoghurt and berries marble together. Place in the freezer for 3–4 hours or until completely solid. Before serving, remove the slice from the freezer and thaw slightly. Holding the sides of the plastic wrap, lift the slice out of the tin and cut into sixteen bars. Eat immediately.	125 g blueberries 125 g raspberries 150 g dates, pitted 140 g (½ cup) peanut butter (or any nut or seed butter of your choice) 150 g (1½ cups) rolled oats 30 g (¼ cup) LSA (or any nut meal of your choice) ½ teaspoon ground cinnamon 375 g (1½ cups) Greek yoghurt 3 tablespoons maple syrup
 Freeze After portioning, place the yoghurt bars in an airtight container with baking paper between each layer so the bars do not stick together. Seal, label and date. Freeze for up to 1 month.	