

## 3pm Survival Bars

### Ingredients

- 1 cup **Alison's Pantry dates**
- 1 1/2 cups **Alison's Pantry whole oats**
- 1 cup **Alison's Pantry walnuts**
- 1 cup **Alison's Pantry natural almonds**
- 2 large free-range eggs
- 1/2 cup **Alison's Pantry shredded coconut**
- 1/4 cup **Alison's Pantry pumpkin seeds**
- 7 pieces **Alison's Pantry papaya with lime**, cut into small pieces

### Method

1. Preheat oven to 170°C.
2. Line a 30cm x 10cm slice tin with baking paper.
3. Cover the dates in boiling water for 10 minutes. Drain well.
4. Place the oats, walnuts & almonds in a food processor. Blitz until the texture of coarse breadcrumbs. Add the dates and eggs. Pulse until well mixed. Use a spatula to transfer mixture to a large bowl.
5. Mix through the remaining ingredients. Transfer the mixture to the lined tray using the spatula to spread evenly and smooth out the top.
6. Bake for 30 minutes until golden. Cool completely before slicing.

Can be stored in an airtight container for up to 5 days. Will freezer well for up to 2 months.

*Recipe and photography by Kelly Gibney for Alison's Pantry*