



PREP: 10 min +
chilling
COOK:
SERVES: 20

Super Seed Chocolate & Tahini Lunchbox Bars

Dairy free, gluten free and nut free, these super seed bars are a nutritional powerhouse. Easy to make and even easier to devour, they're the perfect snack for on the go, or as a tasty lunchbox filler for the kids. A big thank you to the lovely Jade from Panaceas Pantry for developing this recipe for us!

Ingredients

1 cup (250ml) Queen Pure Canadian Maple Syrup
1 cup (approximately 12, or 180g) pitted Medjool dates *(see note)
3/4 cup (125ml) hulled tahini
2 tsp Queen Pure Madagascan Vanilla extract
1/3 cup (85ml) coconut oil, melted
1 cup (165g) buckwheat grouts/kernels
2 cups (160g) shredded coconut
1 cup (200g) chia seeds

Method

STEP 1

Grease and line a 23 x 33 cm deep tin. Set aside. Add the dry ingredients (buckwheat, shredded coconut, chia seeds, sesame seeds, hemp hearts, cacao/cocoa and coconut flour) into a large mixing bowl and mix well. Set aside.

STEP 2

Add maple syrup, pitted dates, tahini, vanilla and melted coconut oil into a blender, and blend until an even paste forms. Pour this mixture into the dry mix bowl and mix very well. Once everything looks uniform, transfer to the lined tray. Spread evenly then press down firmly to create the bars.

STEP 3

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Ingredients

1/2 cup (70g) sesame seeds
1/2 cup (60g) hemp hearts
1/2 cup (50g) raw cacao powder
1/2 cup (60g) coconut flour
200 dark chocolate
1 tsp coconut oil

Method

Add chocolate to a heatproof bowl with the 1 tsp coconut oil, and set over a pot of just simmering water (ensuring the bowl doesn't touch the water). Stir, until melted then pour over the base, smooth out with spoon and set in the fridge for 4+ hours.

STEP 4

To cut the bars, it is recommended to use a hot, very sharp knife. Store in an air-tight container in the fridge (up to 1 week) or freezer (up to 4 weeks).

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