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*Fresh lunchbox ideas*

**WHITE CHOCOLATE  
FRUIT & COCONUT BARS  
RECIPE**



**the source**  
BULK FOODS

# WHITE CHOCOLATE FRUIT & COCONUT BARS

## GLUTEN FREE

50g Australian organic puffed brown rice  
100g Australian dried apricots, finely diced  
120g organic cranberries  
100g Australian red & green dried apple rings, finely diced  
100g organic coconut flakes or long thread coconut  
60mL Australian raw honey  
100g organic cacao butter buttons  
200g white chocolate buttons

### METHOD

Line a 20cm rectangular baking tray with baking paper, leaving an overhang for easy removal and set aside.

In a large mixing bowl, add puffed rice, diced apricots, cranberries and apple rings and coconut.

In a small saucepan over medium heat, warm the honey, cacao butter buttons and white chocolate until the chocolate melts and the mixture becomes smooth and pourable.

Pour the warm honey mixture over the dry ingredients and stir thoroughly until everything is well combined and moistened. Transfer the mixture to the lined baking tray, pressing it down with the back of a spatula.

Refrigerate for 1-2 hours to set. Once set, lift the slice out of the tray using the baking paper overhang, place it onto a cutting board and cut into squares or bars. Store in an airtight container in the fridge.

Store in an airtight container in the fridge for up to a week.

Experiment with different dried fruit combinations to create your own unique flavours!

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Statements are provided as a guide only and do not reflect any ingredients or products referred to in this recipe, or that are not listed. Printed on Australian recycled / FSC paper using compostable ink.

