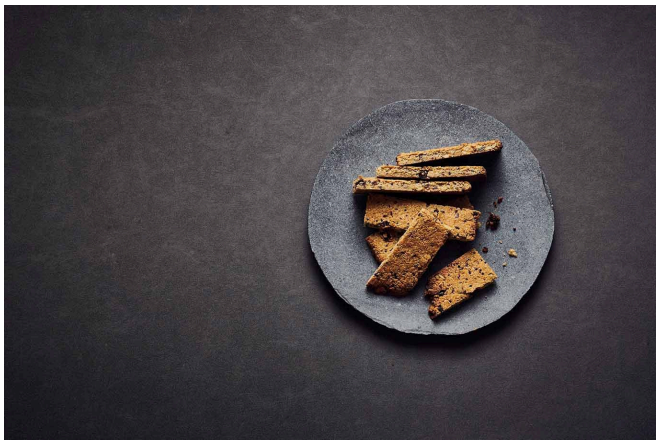
Muesli bars

Recipe by V-ZUG LTD



Preparation	15 Mins
Cooking time	25 Mins
Piece	16
Appliance	CombairSteamer V2000 from 2021

with oats and bananas

Muesli bars

5 tbsp rapeseed oil

5 tbsp maple syrup

1 egg white

150 g ground almonds

100 g fine rolled oats

30 g desiccated coconut

50 g kernel mix, finely chopped

50 g banana chips, finely chopped

4 tbsp puffed amaranth

3 tbsp dried cranberries or sultanas, chopped

1 pinch of fleur de sel

Muesli bars

Preheat the cooking space to 160 °C using the top/bottom heat mode.

Knead all the ingredients together by hand into a sticky mixture. Roll the mixture out to a thickness of 1 cm between two sheets of baking paper, then press down firmly using your hands. Slide onto a baking tray. Remove the top sheet of baking paper before baking.

Bake the muesli bars in the middle shelf position for 25 minutes.

Cut into 16 bars while still hot.

Cooking steps

(Pre-)heat cooking space to 160 °C with Top/bottom heat

Preheating finished. Put the food in.

Top/bottom heat 160 °C for 25 Mins

Accessories

Baking tray

Additional information

Created on	26.01.2022