Cranberry energy bar

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	1 Hrs
Portions	15
Appliance	Combair HSE from 2015

Preparation

100 g almonds, whole

30 g sunflower seeds

30 g pumpkin seeds

(Pre-)heat cooking space to 160 °C with Hot air

Put the almonds and seeds on a baking tray. Toast.

Put the food in

Hot air 160 °C for 15 Mins

Prepare

225 g honey

180 g butter

185 g rolled oats, coarse

185 g rolled oats, fine

100 g cranberries, dried

60 g amaranth, puffed

3 g salt

(Pre-)heat cooking space to 130 °C with Hot air

Chop up the toasted almonds and pumpkin seeds. Mix all the dry ingredients together. Heat the honey and butter in a saucepan. Stir the melted butter and honey mixture into the mixed dry ingredients.

Spread the grain mixture to a thickness of 1.5 cm on a lined rectangular baking tray, then press down firmly using a second baking tray to make the mixture compact. Put the baking tray on the wire shelf in the preheated cooking space. Bake.

Put the food in

Hot air 130 °C for 1 Hrs

After baking, press the grain mixture down firmly again with a second baking tray. Allow to cool down before cutting into bars.

Tips

The energy bars can also be kept in an airtight container for several weeks.

For energy bars that are less sweet, use pear concentrate in place of honey.

Adding flavoured honey, fruit powder or vanilla extract to the grain mixture can give the energy bars a special note.

Accessories

2 enamelled baking trays ⅔ GN, depth 20 mm

Wire shelf

Additional information

Created on	11.12.2019