



Cranberry energy bar

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制备过程 30 分钟
烘烤的时间：烘烤时间取决于机器
份 15
电器 Comhair SE 自 2015 年

Preparation

100 g almonds, whole
30 g sunflower seeds
30 g pumpkin seeds

将发酵桶预加热 热风 到 **160°C**

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

放入食物

在 热风 期间为 **160 15 分钟°C**

准备

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

将发酵桶预加热 热风 到 **130°C**

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.

放入食物

在 热风 期间为 **130 1 小时°C**

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





小费

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.

配件

2 enamelled baking trays $\frac{2}{3}$ GN, depth 20 mm

Wire shelf

