



Cranberry energy bar

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 15

Preparation

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

(For)varm ovnrummet til 160°C i Varmluft

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

Sæt retten ind

Varmluft 160°C i 15 Min.

Tilbered

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

(For)varm ovnrummet til 130°C i Varmluft

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.

Sæt retten ind

Varmluft 130°C i 1 Timer

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.

Tilbehør

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

Yderligere oplysninger

Oprettet den

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