



# Cranberry energy bar

Receta de V-ZUG AG



Preparación  
Tiempo de  
cocción  
Porciones 15

## Preparation

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

### **Aire caliente (160 °C)**

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

### **Introducir los alimentos**

**Aire caliente 160 °C durante 15 Min.**

### **Preparar**

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

### **Aire caliente (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.

### **Introducir los alimentos**

**Aire caliente 130 °C durante 1 H**

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





## Consejos

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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.

## Accesorios

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

## Información complementaria

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