



Muesli bars

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Piece 16

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

