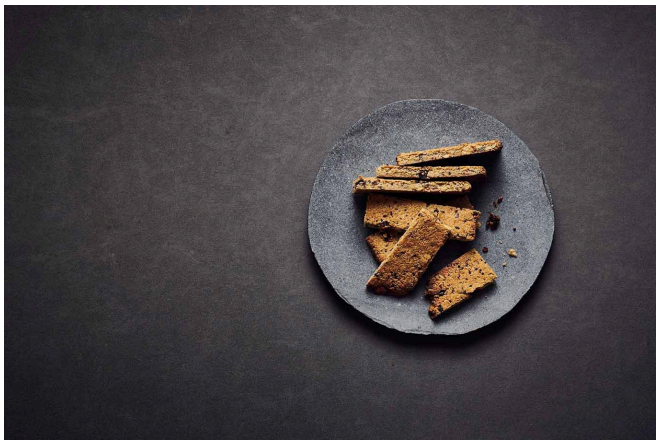
# Muesli bars

מתכון מאת V-ZUG Ltd.



| | |
|---|---|
| Preparation | 15 Mins |
| Cooking time | 25 Mins |
| חיבור | 16 |
| התקן | CombairSteamer V2000 from 2021 |

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

## Muesli bars

Preheat the cooking space to 160 °C using the top/bottom heat mode.

Knead all the ingredients together by hand into a sticky mixture. Roll the mixture out to a thickness of 1 cm between two sheets of baking paper, then press down firmly using your hands. Slide onto a baking tray. Remove the top sheet of baking paper before baking.

Bake the muesli bars in the middle shelf position for 25 minutes.

Cut into 16 bars while still hot.

## Cooking steps

**(Pre-)heat cooking space to 160 °C with Top/bottom heat**

**Preheating finished. Put the food in.**

**Top/bottom heat 160 °C for 25 Mins**

## אביזרים

Baking tray

## מידע נוסף

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| הופק ביום | 26.01.2022 |