

MUESLI CEREAL BARS

Quick, easy to make snacks on the go for a busy day at work/school/home

 15 minutes

 55 minutes

INGREDIENTS

- 200 grams of cereal, hot, oats, one minute, dry, Quaker
- 50 grams of raisins, dark, seedless
- 50 grams of figs, whole fruit, dried
- 50 grams of apricots, dried
- 50 grams of walnuts, kernel only
- 50 grams of nuts, coconut meat, dried (desiccated), sweetened, shredded
- 6 tbsps of honey (126 g)
- 6 tablespoons of oil, sunflower (66 g)
- 50 grams of water, distilled

COOKING METHOD

- 1° To prepare Muesli: Soak rolled oats overnight. Chop the nuts and the dried fruits and mix in the previously soaked rolled oats
- 2° Combine all ingredients until the mixture becomes uniform Spread it over a previously greased oven tray to make it 1 cm thick
- 3° Bake in 180 degrees Celsius oven for 35 - 40 minutes or until it becomes golden. Remove from the oven. Press strongly using a knife or a wheel to mark the mixture.
- 4° Cool down and break at the marks. Keep in glass jars Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	391 kcal	20 %
FAT	19 g	30 %
FATTY ACIDS, TOTAL SATURATED	4 g	22 %
CHOLESTEROL	0 mg	0 %
SODIUM	31 mg	1 %
CARBOHYDRATE	51 g	17 %
SUGARS	30 g	—
FIBER	3 g	13 %
PROTEIN	6 g	—