



# Muesli bars

Recipe by V-ZUG Ltd.



|              |                                |
|--------------|--------------------------------|
| Preparation  | 15 Mins                        |
| Cooking time | 25 Mins                        |
| Piece        | 16                             |
| Appliance    | CombairSteamer V2000 from 2021 |

with oats and bananas

## Muesli bars

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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

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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

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**(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**

## Accessories

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Baking tray

## Additional information

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