



# 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**

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Baking tray

## **מידע נוסף**

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הופק ביום

26.01.2022

