

# Cereal Bars



FOR 8 BARS

PREPARATION TIME 15 MIN

COOKING 20 MIN

## Ingredients

75 g rolled oats  
25 g quinoa or flax or chia seeds  
60 g raspberry (or orange, ...) sprinkles \*  
1 tsp grated coconut  
50 g dried fruit such as almonds, pecans  
nuts or pistachios

75 g agave syrup or honey \*  
30 g coconut butter or normal butter  
1 tsp vanilla sugar or cinnamon

Specific ustensil:  
Bar-shaped moulds  
or cookie cutters

\*available at La Maison du Fruit Confit.

## Recipe

- 1 Preheat oven to 175°C.
- 2 Melt butter, agave syrup or honey and vanilla sugar in a saucepan.
- 3 In a bowl, mix together the rolled oats, quinoa or other seeds, nuggets and nuts, which you'll need to chop beforehand.
- 4 Add the liquid mixture and mix well with a spatula.
- 5 Put the mixture in either financier or muffin tins, or use a cookie cutter to make shapes, packing well!
- 6 Bake in the oven for 10-20 min, depending on whether you prefer golden-brown bars or not.
- 7 Leave to cool to room temperature, then place in the freezer for 15 min, or in the fridge for 1 h after cooling in the open air, so that the bars harden before unmolding.