



# CEREAL BARS

## Ingredients (for a dozen bars)

- 100 g oatmeal
- 25 g puffed quinoa
- 30 g corn flakes
- 50 g almonds
- 30 g unsalted pistachios
- 60 g dried apricots
- ½ egg white
- 70 g agave syrup
- 3 tbsp rapeseed oil
- 1 pinch of salt

## Preparation:

Pre heat oven to 160 °C

Cut the dried apricots and almonds into small pieces. Mix all the dried ingredients (oatmeal, puffed quinoa, corn flakes, almonds, pistachios and chopped dried apricots) in a bowl.

Add the half egg white and agave syrup, rapeseed oil and salt. Mix well once more. Cover a baking tin with greased parchment paper and pour the home-made cereal bar mixture into it, pressing down well. Bake for approximately 15 minutes.

When the cereal mixture is golden brown, take it out of the oven and let it cool a little. Cut it into 9 x 3 cm strips. Be careful not to let it cool too much as it will become hard and break.