



# Cranberry Energy Bar



## Ingredients

150 g honey  
120 g butter  
70 g almonds, roasted at  
160 °C for 9 minutes  
40 g sunflower seeds,  
roasted at 160 °C  
for 7 minutes  
125 g oats, coarse  
125 g oats, fine  
60 g cranberries  
40 g amaranth, puffed  
9 g hibiscus, ground  
2 g salt

## To prepare

Warm up the honey and butter briefly in a pan. Roughly chop the roasted almonds and mix all the dry ingredients together. Mix in the melted butter and honey mixture and knead together. Spread the mixture in a 1.5 cm thick layer onto a rectangular baking tray that has been lined with baking paper. Press down firmly so that the mixture is very compact. Bake on the hot air setting at 130 °C for 35–40 minutes. Press everything firmly again, let cool and cut into bars. The bars will keep in a sealed container for a few weeks.

## Anrichten

# Cooking level

Preheated

35–40 minutes | Hot air setting at 130 °C