

Cinnamon and Chocolate Muesli Bars with Coconut Flakes

30–40 Min

Ingredients 4 Portions

= Kotányi Produkte

150 g	Rolled oats
100 g	Unsweetened cornflakes
150 g	Cashew nuts, roughly chopped
50 g	Raisins
30 g	Coconut flakes
30 g	Linseed, crushed
30 g	Cocoa, unsweetened
2 tbsp.	Coconut oil
3 tbsp.	Honey
3	Egg white
1 tsp.	Cinnamon, Ground
1 tbsp.	Bourbon Vanilla Sugar

Preparation

1. Preheat the oven to 180 °C (356 °F). Line a rectangular brownie tin with baking parchment.
2. In a large bowl, mix the rolled oats, cashew nuts, raisins, coconut flakes, linseed, cacao and the Kotányi spices.
3. Roughly break up the cornflakes by hand and mix them in.
4. Beat the egg white until it forms stiff peaks. Then fold the egg white into the rolled oat mixture along with the melted coconut oil and the honey. Mix thoroughly until the beaten egg white forms an even coating.
5. Pour the mixture into the baking tin and press down hard (it's best to use a glass). The bars should be around 2 to 3 cm thick.
6. Bars in the oven for around 20–25 minutes until they are light brown and dry.
7. Take the bars out of the oven and carefully use the baking parchment to lift them out of the tin. While still warm cut into evenly sized bars. Allow to cool completely and enjoy.