

Spiced Power Bars

30—40 Min

Ingredients 4 Portions

= Kotányi Produkte

30 g	Raw cane sugar
30 g	Honey
40 ml	Water
150 g	Rolled oats
30 g	Hazelnuts, ground
30 g	Coconut flakes
110 g	Cashew nuts, soaked in water overnight
75 g	Plums, dried
75 g	Dates, dried
30 g	Toasted sesame seeds
1 tsp.	
1 tsp.	Cinnamon, Ground

Preparation

1. Preheat the oven to 160 °C (356°F).
2. Bring the sugar, honey, water, cardamom and cinnamon to the boil in a small pan.
3. Remove from the heat and mix well with the rolled oats, hazelnuts and coconut flakes in a bowl.
4. Spread out onto a baking tray lined with baking parchment and bake for 20 minutes at 160°C (320°F) using the conventional oven setting. Stir occasionally.
5. Drain the cashew nuts, rinse and grind to a fine paste in a food processor.
6. Cut the dried plums and dates into small pieces, mix with the cashew paste and combine with the rolled oats and other ingredients into a sticky mixture.
7. Place between two sheets of baking parchment and roll out until 1.5 cm thick. Cut into rectangular bars.
8. Press the top and bottom of the bars into the toasted sesame seeds and enjoy.