



# Spiced Power Bars

🕒 30–40 Min   

## 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.

## 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

