



BIOSÜDTIROL



## Organic Farmer Sissy presents: Muesli bars.

Preparation: about 10 min, plus baking time approximately 25-30 min

Difficulty: Medium

### Ingredients (for 6 bars, plus a small baking dish)

- 200 g rolled oats
- 200 g apples Natyra®
- 2 teaspoons lemon juice
- 1 teaspoon Ceylon cinnamon
- 100 g sultanas or currants
- 90 g almonds or chopped or ground nuts of any kind or coconut flakes
- 75 g coconut oil
- 90 g honey

### Preparation

Coarsely chop the rolled oats (or leave them whole). Mix the dry ingredients in a large bowl.

Wash the apples Natyra®, quarter them, and grate them together with the lemon juice. Melt the coconut oil in a saucepan and mix it with the honey, but do not let it boil. Stir the liquid mixture into the dry ingredients and mix well.

Preheat the oven to 120°C with fan. Fill the bar mold with the mixture and press it firmly with damp hands. Line a baking



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dish with parchment paper and spread the remaining mixture on it. Press it down well with a spoon or with your hands. Bake in the preheated oven at 120°C for 60 minutes, then for another 10 minutes at 140°C. Allow to cool completely. Place the bars in the mold in the refrigerator, then they are easier to remove from the mold. Cut or break the bars in the baking dish and use them as crunchy muesli. They keep in the refrigerator for a few weeks. Best stored airtight in the refrigerator. Serve with a smile!

**Sissy's suggestion**

You can vary these bars as you like, with different nuts, seeds, or whatever you have at home: shelled hemp seeds, hazelnuts, almonds, cashews, pumpkin seeds, sunflower seeds, sesame seeds, black sesame seeds... The base that holds the bars together is the mixture of apple, honey, and coconut oil.