

SPECULOOSBAR

Afternoon snack [energy]

 10 minutes 50 minutes 6 Bars

INGREDIENTS

- 50 grams of breakfast cereal, cornflakes, fortified
- 15 grams of sesame seeds
- 15 grams of sunflower seeds
- 30 grams of coconut, desiccated
- 3 units, pitted of dates, medjool [72 g]
- 3 fl oz of beverages, water, tap, well [89 g]
- 30 grams of speculoospasta
- 12 grams of speculoospices

COOKING METHOD

- 1° Mix up the flakes and put the crumbs in a bowl with the sesame seeds, speculoospices, sunflower seeds and desiccated coconut.
- 2° Put the dates and water in a blender and mix. Add the speculoospasta and mix together. Put this in a pot and heat up slowly (low fire) till it melts and gets fluid.
- 3° Pour the speculoosmixture through the cornflakescrumbles. Put the mixture in a square baking pan, and press on very gently.
- 4° Wrap clingfilm over it and put in the fridge.
- 5° Keep in fridge for at least 30' Than take it out and cut in 6 bars.
- 6° ***
- 7° #nolactose #vegan #freesable

NUTRITIONAL INFORMATION

	PER 100 g	PER BAR [42 g]	% DRI
ENERGY	308 kcal	129 kcal	6 %
PROTEIN	6 g	2 g	5 %
CARBOHYDRATE	41 g	17 g	7 %
SUGARS	22 g	9 g	10 %
FAT	15 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	6 g	3 g	13 %
FIBER	2 g	1 g	3 %
SODIUM	79 mg	33 mg	1 %