



CHOCOLATE & ENERGY BARS

This bars are delicious and homemade desserts made with a base of dark chocolate garnished with cereals, coconut powder and chopped dried fruit



INGREDIENTS:

120 g of oatmeal
40 g of blown amaranth
1 tablespoon of almonds
1 tablespoon of pumpkin seeds
1 tablespoon of goji berries
1 tablespoon of dried cranberries
55 g of chopped pistachios
70 g drops of dark chocolate Emilia
40 g of pitted dates
100 g of coconut oil
90 g of honey
4 tablespoons sugar



Difficulty
EASY



Preparation
75 min



Portions
8

- 1** In a frying pan toast the oat flakes for a few minutes, until they become slightly golden. In a large bowl, mix them with amaranth, whole almonds, goji berries, cranberries, pistachios, broken dates, and half of the chocolate drops. Mix.

TIP

Dried fruits can be replaced with equal quantities of the favorite fruit, as well as the oil seeds. Even the dark chocolate drops can be replaced with the white chocolate.

- 2** Separately, in a frying pan, dissolve the sugar, then combine the honey and mix well, finally combine the coconut oil. Let it cool, then join the mix of dried fruit. Mix well.
- 3** Spread the mixture over a baking tray covered with baking paper. Combine the rest of the chocolate drops and level the mixture. Rest in the fridge for 1 hour. Cut into rectangles and serve or wrap in baked paper or food bags and store in a cool, dry place.

