KOCHREZEPTE FRISCH AUS MALLORCA von Fet a Sóller

Homemade muesli bar

Preparation time: 35 min. · Level of difficulty: easy ·

Quantity

Ingredients for 12-16 bars.

Ingredients

200 g Oat flakes (not too fine)
80 g Dried fruit (e.g. apricots, cranberries, sultanas)
170 g Nuts (shelled almonds, macadamia nuts)
50 g Butter
100 g Cane sugar
2 tbsp Fig jam
1 piece Juice of a half lemon

Preparation

Put the sugar, butter and lemon juice in a saucepan and bring to the boil. Let the resulting syrup boil for another 2-3 minutes, then stir in the jam and remove the pot from the cooker.

Chop the nuts and dried fruit and add to the mixture, finally stir in the oat flakes.

Line a baking dish or loaf tin with baking paper, pour in the mixture, press the mixture neatly with a second piece of baking paper and remove again. Bake in the oven at 150°C for about 15-20 minutes.

Remove from the oven, turn out and cut the still warm mixture into bars with a knife, press the cut edges again a little. Leave to cool.

The bars can then be stored for about 14 days in a closed tin in a cool place.