



VITAL BARS WITH CHIA SEEDS



QimiQ BENEFITS

- Bake stable
- Full taste with less fat content



15



easy

INGREDIENTS FOR 25 SERVINGS

250 g	QimiQ Classic
80 g	Oat flakes
100 g	Spelt flakes
120 g	Hazelnuts, grated
100 g	Coconut flakes
40 g	Linseeds
2 small pinch(es)	Cinnamon
40 g	Chisa seeds
80 g	Butter
80 g	Honey
80 g	Maple syrup
2 tbsp	Cocoa powder

METHOD

1. Lightly brown the oat flakes, spelt, flakes, hazelnuts, coconut flakes and linseeds together in a hot pan without fat.
2. Place the mixture into a bowl and add the cinnamon and chia seeds.
3. Heat the butter, honey and maple syrup together in a pan and allow to simmer lightly.
4. Add the QimiQ Classic and allow to dissolve. Add the cocoa powder and mix well. Add the QimiQ mixture to the oat flakes mixture and mix well.
5. Fill into a greased loaf tin and bake in a preheated oven at 340 °F for approx. 25 minutes.
6. Allow to cool and remove from the loaf tin. Cut into bars before serving.