



WWF

EDUCATION
MATERIAL

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2020

CEREAL BARS

This healthy cereal bar recipe is one of the easiest and most delicious snacks you will ever make!

- 1 Grind in a blender or in the mortar the almonds, pistachios, cereals and linseed. If a child has an allergy, you can replace nuts with raisins or chocolate drops.
- 2 Place the honey, oats, tahini and then all the ingredients that have been ground in a bowl. Mix them with a spoon until they become a dough. If necessary, knead with your hands.
- 3 Put a non-stick paper on a tray and pour the mixture. Press with a rolling pin or a glass to straighten the surface and become compact.
- 4 Then place the mixture for 30 minutes in the refrigerator. Cut into long bars and serve. If you like chocolate, sprinkle the bars with cocoa.

All you need

- 3 cups of oatmeal
- 6 tbsp of honey (leave it in the sun or near a radiator to be lukewarm)
- 6 tbsp of tahini
- 200 gr cereals (of whatever kind we like)
- 2 cups cooked almonds
- 2 tbsp unsalted pistachios or cashews
- 2 tbsp linseed



PICNIC
BASKET



RECIPE CARD

