

Tender bar with chocolate nuggets

Recipe for 4 persons

Description

A sweet bar with chocolate marshmallow and seeds.

Note

You could put some dry fruits in the mix.

Ingredients

For the tender bar

- 25 Gr Sunflower seeds
- 50 Gr Pumpkin seed
- 60 Gr Tamari almonds
- 60 Gr Pecan nuts
- 55 Gr Pine nuts
- 30 Gr Linseed
- 195 Gr Oatmeal
- 55 Gr Dried cranberries
- 75 Gr Rice crispies
- 50 Gr Sultana raisin
- 100 Gr Chocolate chip
- 150 Gr Maple syrup
- 75 Gr Butter
- 180 Gr Vanilla marshmallow

Preparation

- Preparation time **45 mins**

For the bar

Torrified the sunflower, pumpkin seeds, the tamari almonds, the pecans and the pine nuts in the oven for 4 minutes. In a bowl, put all the seeds and the chocolate. In a sauce pan, warm the maple syrup and the butter, remove from the stove and melt the marshmallow inside it. Pour the hot mix on the seeds and the chocolate, mix it well, pour it on a baking tray with a saran wrap, put it in the fridge for 4 hours, before cutting it.

Bon appétit!