

- ✓ Veggie
- ✓ Vegan
- ✓ Lactose free

- × Peanuts/soy allergy
- × Gluten
- × Fruit
- × ...

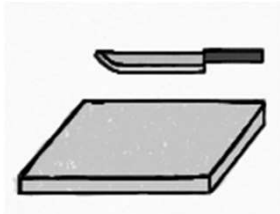
Season:	All
Influences:	Magreb
Preparation:	+ - 20min
“Cooking”:	+ - 1h
Skill lvl needed:	1/5

# WOWFOOD RECIPE NO. 2

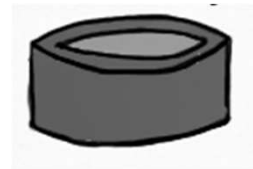
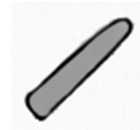
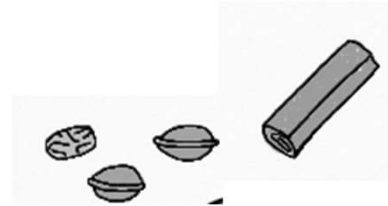
## *GRANOLA BARS*



MEDJOUL DATES (115G)



- DESTONE THE DATES
- CUT THE DATES IN SMALL PARTS
- ADD IN THE MIXING BOWL



WALNUTS (60G)

CINNAMON (6 SMALL SPOONS)

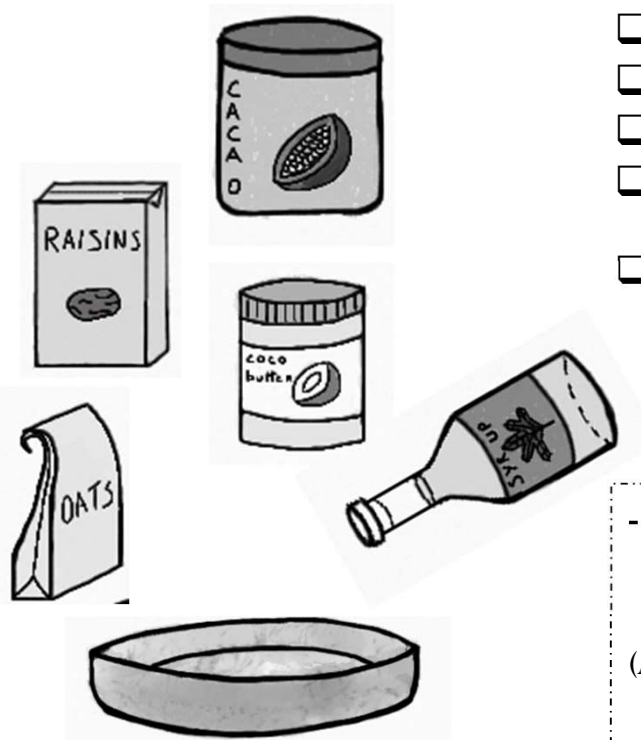
- CRUSH THE WALNUTS AND CINNAMON AS FINELY AS POSSIBLE. (POWDER LIKE)
- ADD IN THE MIXING BOWL

# PREPERATION #1

- MIXED NUTS (75G)



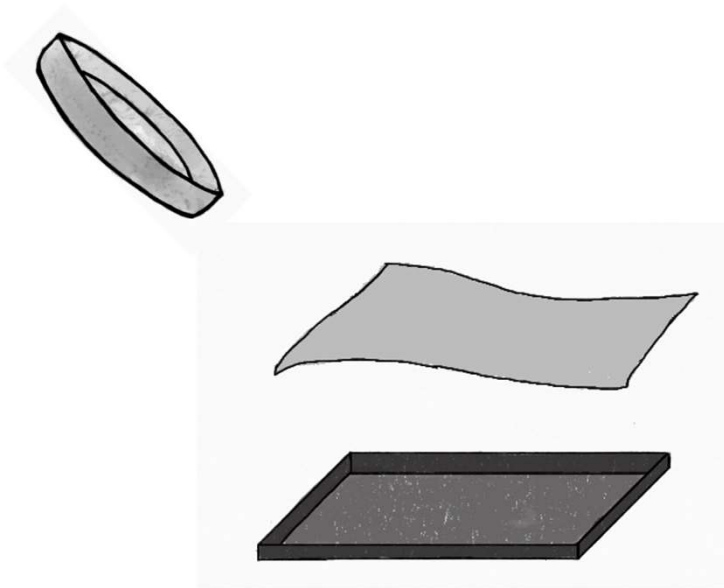
- CRUSH THE MIXED NUTS (CHUNKY)
- ADD TO THE MIXING BOWL



- MAPLE SYRUP (10ML???)
- OATS (50G)
- RAISINS (20G)
- COCO BUTTER (12 BIG SPOONS)
- CACAO NIBS (1,5 BIG SPOONS)

- WITH YOUR HANDS (YES HANDS) MIX EVERYTING TO GETTER.  
(AS HOMODGINOUS AS POSSIBLE)

## PREPERATION #2



- TAKE AN OVEN DISH
- PUT AN BAKING PAPER ON IT.
- SPREAD THE MIXTURE EVENLY ON THE PAPER
- PRESS THE MIXTURE WELL (TO LET THE AIR ESCAPE).
- LET IT IN REST IN THE FRIDGE FOR AN HOUR.

**LAST STEP**

