



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

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.

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.

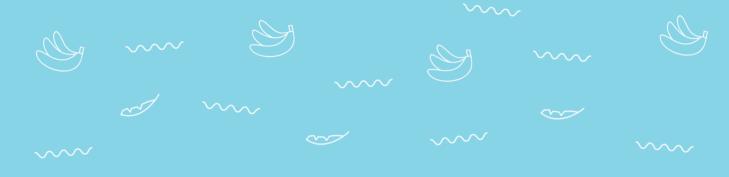
Put a non-stick paper on a tray and pour the mixture. Press with a rolling pin or a glass to straighten the surface and become compact.

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







RECIPE CARD









