

MUESLI



Difficulty :  

 Serves 6

Ingredients

150 g oat flakes
30g unsalted pecan nuts
15g sesame seeds
3-4 liquid honey
60g apple compote
60g chocolate nuggets
50g cocoa powder
20g apricot nuggets

Recipe

Combine the oat flakes, pecan nuts, apricot pieces and sesame seeds.

Add the honey, compote and cocoa powder.
Put the mixture in a large baking dish. Spread it out and push it down firmly to make a thin layer of muesli.

Bake for 40 minutes to 1 hour at 170°C, keeping an eye on it.

When the mixture is dry and slightly golden, remove from the oven and break it up. Then add the chocolate nuggets. When it is completely cool, store in an air-tight container.

CEREAL AND FRUIT BARS



Difficulty : 

 Serves 6

Ingédients

120 g dark chocolate
80g rolled oats
50g orange fruit centres
35g candied fruit (Bigarreau cherries / melon cubes / Amarena cherries...)
30g butter

Recipe

Melt the chocolate and the butter in a bain-marie, putting a bowl over a pan of simmering water, and stir with a wooden spoon. At the same time, combine the orange fruit centres with the candied fruit.

Remove the bowl from the bain-marie and add the fruit mixture and rolled oats to the chocolate.

Pour this mixture into a tin lined with buttered greaseproof paper, press down and smooth the surface with a spatula.

Chill for 1 to 2 hours until the mixture has hardened. Turn out onto a board then remove the greaseproof paper.

CRUMBLE WITH CANDIED FRUITS



Difficulty :  

 Serves 6

Ingédients

500g of candied fruit
150g of flour
150 g butter
100g powdered sugar

Recipe

Preheat the oven to 180 °C.

In a bowl, mix with fingertips the butter cut into pieces, flour and powdered sugar to obtain a sandy dough.

Put the candied fruit in a buttered dish and sprinkle them with the sandy mixture by crumbling. Bake for 25 to 30 minutes.