



# CEREAL BARS

## Ingredients

*For 4 people*

60g honey

30g butter

120g muesli

130g oatmeal

50ml milk

70g dark chocolate chips

1 tbsp of chia seeds

1 tbsp of flax seeds

## Steps

- 1.** In a bowl, combine the muesli and oatmeal.
- 2.** Bring the honey to a boil then add the butter. Once the mixture is homogeneous, pour it over the cereals. Then pour in the milk and let stand for 5 minutes.
- 3.** Then add the chocolate chips and then the flax and chia seeds.
- 4.** Tamp the mixture in a rectangular mold previously covered with parchment paper, then bake in a hot oven at 160°C for 30 minutes.
- 5.** Cut the lukewarm bars and let them cool.