



Reindeer cereal bars

15'
Hands on

4 hours'
Hands off

20
Portion(s)

1
Difficulty



Ingredients

- 250 g honey
- 70 g brown sugar
- 100 g butter, at room temperature
- 80 g popcorn, buttered
- 150 g coconut, shredded
- 80 g raisins, black
- 200 g oat flakes
- 80 g apricots, dried

To serve

- chocolate couverture, melted
- wedding candy, multicolored, for the noses
- candies, edible, eyes

Διατροφικός πίνακας

Nutrition information per portion

224 Calories (kcal)	11.0 Total Fat (g)	7.0 Saturated Fat (g)	27.0 Total Carbs (g)
11%	16%	35%	10%
19.0 Sugars (g)	2.4 Protein (g)	3.7 Fibre (g)	0.1 Sodium (g)
21%	5%	15%	2%

Method

- In a **frying pan**, add the honey, brown sugar, and place it over medium heat for 2-3 minutes, until the sugar melts.
- At the same time, in a large **bowl**, add the popcorn, shredded coconut, raisins, and oats. **Cut** the dried apricots into small pieces and add them into the bowl too.
- Stir the frying pan's mixture and as soon as it comes to a boil, remove from the heat.
- Add the butter cut into small cubes, mix well with a spoon so that the butter melts, and pour it into the bowl with the rest of the ingredients. Mix until the mixture is homogenized.
- Line a 25x32 cm **baking pan** with parchment paper, and pour the whole mixture inside.
- Spread with a spoon so that the mixture is divided evenly onto the whole baking pan. Line a piece of parchment paper over it, and press very well with a smaller utensil.
- Place it in the refrigerator for 4 hours until it cools and thickens.
- With a serrated knife, cut into small rectangular pieces.
- **Melt** the chocolate and add it into a **pastry bag**.
- Cut a small hole at the front part of the pastry bag, and on a piece of parchment paper, shape the antlers.
- Place a stick in the middle of each cereal bar.
- On each cereal bar, place the candy to form the nose, the chocolate antlers, and the candy eyes.