



Greek Sesame Seed Bars with chocolate

10'

Hands on

10'

Cook Time

6-8

Portion(s)

1

Difficulty



Ingredients

- 200 g sesame seeds
- 50 g peanuts
- 100 g dark chocolate couverture
- 50 g almond slivers
- 300 g honey
- ¼ teaspoon salt

Διατροφικός πίνακας

Nutrition information per portion

138 Calories (kcal)	8.5 Total Fat (g)	2.1 Saturated Fat (g)	12.0 Total Carbs (g)
7%	12%	11%	5%
11.0 Sugars (g)	3.1 Protein (g)	1.4 Fibre (g)	0.04 Sodium (g)
12%	6%	6%	1%

Method

- Toast the almond slivers, peanuts and sesame seeds in a pan over high heat. Toast each kind separately until golden and combine them in a bowl.
- In the same pan, heat the honey over medium heat.
- Add the toasted nuts and seeds.
- Add salt and cook for 10 minutes over medium to low heat.
- As soon as the mixture starts to thicken, remove from heat.
- Add the finely chopped chocolate and stir with a wooden spoon until the chocolate melts and it becomes a smooth mixture.
- Spread into a 20x30 cm baking pan, lined with parchment paper whose edges hang out over the pan.
- Allow to cool.
- When ready, cut into bars or any shape you like and store.