Oat, Hazelnut, and Chocolate Cereal Bars

Ingrédients

- 230g of oats
- 4g of salt
- 15g of vanilla extract
- 35g of honey
- 25g of olive oil or hazelnut oil
- 55g of maple syrup
- 90g of agave syrup
- 100g of hazelnuts
- 50g of crunchy pearls or chocolate chips

Préparation

1. Looking for a breakfast you can take anywhere?

2. You're in the right place   These cereal bars (gluten-free) are simple and relatively quick to make, require little equipment (a baking sheet and a knife), and keep very well for several days!

3. You can of course modify them as you like (pecan or almond instead of hazelnuts, the chocolate of your choice, use the oil you want.

4.) or even add seeds (flax or chia, for example) by slightly reducing the amount of oats.

5. Equipment: Perforated baking sheet Ingredients: I used the oats, maple syrup, and agave syrup from Koro: code ILETAITUNGATEAU for a 5% discount on the entire site (non-affiliated).

6. I used Norohy vanilla extract, crunchy pearls, and Jivara chocolate from Valrhona: code ILETAITUNGATEAU for a 20% discount on the entire site (affiliated).

7. Mix the oats with the salt, vanilla, honey, oil, maple syrup, and agave syrup.

8.   When the oats are well coated, add the coarsely chopped hazelnuts, then the crunchy pearls or chips.

9.   Spread the mixture on a parchment-lined baking sheet in a rectangular shape about 1.

10. 5 cm thick, pressing down as much as possible (don't hesitate to press with a large spoon or the back of a saucepan, for example).

11.   Bake in the preheated oven at 180°C for 10 minutes.

12. Remove the sheet from the oven and carefully cut the bars, slightly spacing them apart from each other (always carefully, at the risk of breaking them).

13.   Bake again at 160°C for 20 minutes to finish baking.

14. Let them cool completely.

15. Then, gently melt the chocolate (without exceeding 35°C) or temper it, then dip the bottom of the bars in it.

16. Place them on a sheet of parchment paper and let them crystallize before enjoying!

17. The bars keep well for several days in an airtight container.