

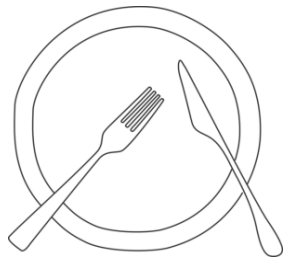


## SESAME GRANOLA AND BARS

### INGREDIENTS:

250 g rolled **oats**  
100 g sliced **almonds**  
75 g pumpkin seeds  
½ tsp cinnamon  
1 tsp salt  
½ tsp vanilla extract  
50 g melted coconut oil  
5 tbsp **cashew butter**  
100 g tahini  
5 tbsp maple syrup (divided)  
50 g chia seeds  
5 tbsp cocoa nibs

ALLERGENES HIGHLIGHTED IN BOLD



### PREPARATION:

For the granola, add rolled oats, sliced almonds, pumpkin seeds, cinnamon, salt and vanilla extract to a bowl and stir to combine. Halve the mixture and transfer to two separate bowls. Mix melted coconut oil, cashew butter, tahini and 1 tbsp maple syrup. If needed, heat up the mixture until everything is well combined.

Add one third of the tahini mixture of one of the bowls of oats and stir to combine. Add remaining tahini mixture to the other bowl along with chia seeds and remaining maple syrup. Stir to combine.

Add the “looser” granola (with only 1/3 tahini mixture) to one half of a parchment-lined baking sheet. Transfer the stickier granola (with 2/3 tahini mixture) to a parchment-lined rectangular baking dish and press in well. Place the baking dish right next to the loose granola on the baking sheet and set aside.

Transfer the sheets with granola and bars to the oven and bake at 180°C/355°F for approx. 15 min. Only after baking, add cocoa nibs and, if desired, other extras such as dried fruits to your granola.