



## DISPLAY CONDITIONS

Room Temperature



## CATEGORY

Slices & Bars

# CEREAL & HONEY ENERGY BARS

## OVERVIEW

18-018

## INGREDIENTS

### Group Bars

Ingredient	KG	%
BAKELS CEREAL AND HONEY BREAD CONCENTRATE	0.192	100.00
BAKELS EIGHT GRAIN BASE	0.096	50.00
All Purpose Flour	0.038	20.00
Raisins	0.143	74.48
Walnuts	0.060	31.25
Cinnamon powder	0.003	1.56
BAKELS BAKING POWDER	0.003	1.56
Vegetable Oil	0.115	59.69
Muscovado	0.111	58.04
Eggs	0.068	35.25
Honey	0.060	31.25
BRITE VANILLA EXTRA STRENGTH	0.006	3.00

**Total Weight:** 0.895

### Group Chocolate Base

Ingredient	KG	%
PETTINA NON-TEMPERING DARK CHOCOLATE	0.144	-

**Total Weight:** 0.144

**Yield:** 12 bars x 86.5g (74.5g bar + 12g chocolate base)

## METHOD

How to do it:

1. Combine Bakels Cereal & Honey Bread Concentrate, Bakels Eight Grain Base, raisins, walnuts, cinnamon powder, and Bakels Baking Powder in a mixing bowl. Mix on low speed for 30 seconds.
2. In a separate bowl, mix together oil, muscovado sugar, and egg on medium speed for 1 minute. Add the honey and Brite Vanilla Extra Strength and mix on medium speed for 30 seconds.
3. Add the dry ingredients and mix on medium speed for 20 seconds.
4. Pour onto an 8" x 8" square pan.
5. Bake at 180°C for 25-30 minutes or until done.
6. Once cooled, slice into 12 bars and dip the base in melted Non Temp Dark Chocolate (approximately 12g chocolate base per bar).