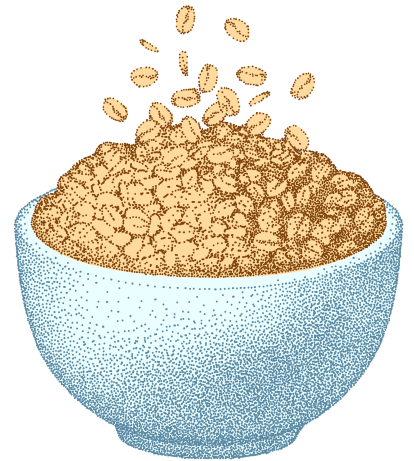


HOMEMADE GRANOLA

INGREDIENTS FOR 580G OF GRANOLA:

- 320G OF OAT FLAKES
- 80G OF SUNFLOWER SEEDS
- 80 G PEANUTS
- 80G OF ALMONDS
- 20G OF GROUND FLAX SEEDS
- 60 ML OF HOT WATER
- 125G OF UNSWEETENED APPLESAUCE



HOW TO DO IT:

1. PREHEAT THE OVEN TO 150°C IN FAN-ASSISTED MODE OR 180°C IN CONVENTIONAL MODE.
2. IN A BOWL, ADD THE GROUND FLAX SEEDS, THEN POUR IN THE HOT WATER. MIX AND LET IT SIT FOR A FEW MINUTES.
3. PREPARE A BAKING SHEET BY LINING IT WITH PARCHMENT PAPER.
4. MIX THE APPLE PUREE WITH THE WATER AND FLAXSEED MIXTURE, THEN STIR WELL. ADD THE ROLLED OATS, SUNFLOWER SEEDS, PEANUTS, AND ALMONDS. MIX EVERYTHING TOGETHER.
5. POUR THE MIXTURE ONTO THE BAKING SHEET AND SPREAD IT EVENLY.
6. BAKE FOR ABOUT 40 MINUTES, CHECKING REGULARLY. WHEN THE MIXTURE IS GOLDEN BROWN, REMOVE THE BAKING SHEET FROM THE OVEN. USING A WOODEN SPOON, STIR THE GRANOLA AND RETURN IT TO THE OVEN UNTIL GOLDEN BROWN AND COOKED THROUGH.
7. THE GRANOLA SHOULD NOT BE WET AT THE END OF BAKING. IF IT IS, CONTINUE BAKING UNTIL IT IS COMPLETELY DRY.
8. ONCE THE GRANOLA HAS COOLED, SEPARATE IT INTO PIECES AND STORE IT IN AN AIRTIGHT CONTAINER OR GLASS JAR FOR 1-3 WEEKS.

HOMEMADE BOUNTY

INGREDIENTS FOR 8 BOUNTY BARS:

- 170G OF COCONUT OR PLAIN SKYR (ALTERNATIVE: FROMAGE BLANC)
- 70G OF GRATED COCONUT
- 100G OF DARK CHOCOLATE, MINIMUM 70%



HOW TO DO IT:

1. POUR THE SKYR INTO A BOWL, THEN ADD THE GRATED COCONUT. MIX UNTIL YOU OBTAIN A SMOOTH PASTE.
2. PREPARE A CUTTING BOARD BY COVERING IT WITH PARCHMENT PAPER. USING YOUR HANDS, FORM BALLS, THEN PLACE IN THE FREEZER FOR 1 HOUR.
3. MELT THE CHOCOLATE IN A DOUBLE BOILER OR IN THE MICROWAVE.
4. DIP THE SHREDDED COCONUT AND SKYR MIXTURE INTO THE MELTED CHOCOLATE UNTIL IT IS COMPLETELY UNIFORM.
5. PLACE IN THE FRIDGE FOR 1 HOUR THEN SERVE.

CEREAL BARS

INGREDIENTS FOR 6 BARS:

- 140G OF OAT FLAKES
- 50 G PEANUT BUTTER
- 50G OF CRUSHED ALMONDS
- 70G OF UNSWEETENED APPLESAUCE
- 1 PINCH OF SALT
- 1/2 TEASPOON OF CINNAMON
- 2 TABLESPOONS OF HONEY



HOW TO DO IT:

1. IN A BOWL, WHISK TOGETHER THE APPLESAUCE, HONEY, PEANUT BUTTER, SALT AND CINNAMON. MIX UNTIL YOU OBTAIN A SMOOTH PASTE.
2. ADD THE OAT FLAKES AND ALMONDS. MIX EVERYTHING WELL WITH A WOODEN SPOON.
3. ONCE THE DOUGH IS READY, POUR IT INTO A DISH AND FLATTEN IT EVENLY USING YOUR HANDS.
4. BAKE IN A PREHEATED OVEN AT 180°C FOR APPROXIMATELY 30 MINUTES.
5. LET EVERYTHING COOL, THEN CUT INTO BARS.

DATE CARAMEL (SPREAD)

INGREDIENTS FOR 1 JAR:

- 250G OF LARGE PITTED DATES
- 180 ML TO 200 ML OF COCONUT MILK
- 1 TEASPOON OF COARSE SALT, ADJUST TO TASTE (OPTIONAL)



HOW TO DO IT:

1. BOIL SOME WATER.
2. SOAK THE DATES FOR 15 MINUTES, THEN DRAIN.
3. BLEND THE DATES WITH THE COCONUT MILK UNTIL YOU OBTAIN A SPREADABLE CONSISTENCY.
4. ADD SALT TO IMITATE SALTED CAMEL.