

Energy bars

Snack



RECIPE QUANTITY 88 pieces

RECIPE NUMBER GB60057

Dough for energy bars with oatmeal

700 g pastry flour type 400	24.69oz
480 g butter	16.93oz
460 g porridge oats / oatmeal	16.23oz
350 g water	12.35oz
18 g salt	0.63oz

Rub the flour and butter together.

Dissolve the salt in the water and mix everything together briefly.

Mass for energy bars

840 g butter	29.63oz
1040 g raw cane sugar coarse	36.68oz
240 g glucose syrup, Liquiss	8.47oz
1200 g porridge oats coarse	42.33oz
600 g pistachios	21.16oz
200 g sesame seeds roasted	7.05oz
1000 g dried figs quartered	35.27oz
1000 g cranberries dried	35.27oz

Boil butter, sugar and glucose.

Mix the kernels, seeds and fruits together and add to the boiled liquid, stir well.

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2008 g Dough for energy bars with oatmeal	70.83oz
6120 g Mass for energy bars	215.88oz

Bases

Roll out the dough for the bases with oats to 2.2 mm / 0.087 inches, dock well and cut out 4 bases measuring 25 x 45 cm / 9.84 x 17.72 inches. Leave the bases to stand for approx. 30 mins, then pre-bake. Then place the bases on trays with silicone mats and surround with metal frames measuring 24 x 44 cm / 9.45 x 17.32 inches.

Baking temperature: 220°C / 428°F

Baking time: 10 min.

Filling

Place 1500 g / 52.91 oz of filling in each frame and flatten evenly with a metal scraper, pressing down at the same time.

Baking

Bake the bars in the oven with the vent open until light in colour.

Baking temperature: 160°C / 320°F

Baking time: ca. 10 min.

Finishing

After baking, leave the bars to cool down completely in the fridge at 5°C. Remove the frames and use a serrated knife to cut 22 bars 4 x 11 cm / 1.57 x 4.33 inches zu of 70 g / 2.47 oz each (2 rows of 11 bars).

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Description : Power bar with oat flakes, dried fruit and nuts

Sales data :		Nutritional values per 100 g :	
Shelf life	14 days	Kilocalorie (kcal)	414
Selling days	7 days	Kilojoule (kJ)	1734
Selling price		Lipids	19.67 g
Selling unit	1 piece	saturated fatty acids	8.91 g
		Carbohydrates	51.53 g
		of which sugars	30.11 g
		Proteins	6.22 g
		Salt	0.25 g

Declaration :

Porridge oats, butter, raw cane sugar, dried figs, cranberries dried (cranberries , sugar, sunflower oil), wheat flour, pistachios, water, glucose syrup (wheat glucose), white sesame, edible salt

State 14.05.2024

Information relating to shelf life and sales days are for reference value only

Allergen information is compliant with current Swiss legislation