

Home-made muesli bar (vegan)



 15 min.  121 kcal  SteviaSweet Liquid

Preparation

Place peanut butter, one-half of the oat flakes, banana, [SteviaSweet Liquid](#) and vanilla in a bowl. Mix evenly. Add a little cold water if the mixture is too dry. Put the dough in a mixing bowl. Add the pumpkin seeds and the remaining oat flakes. Press the mixture into a form on baking paper and allow to cool for about one hour in the refrigerator.

Cut into bars and store them chilled.

Ingredients for 8 servings

50 g	unseasoned peanut butter
70 g	oat flakes
1	ripe banana
1 tsp	SteviaSweet Liquid
1/2 tsp	ground vanilla
50 g	pumpkin seeds

Nutritional information per portion

121	kcal
508	kJ
5	g Protein
11	g Carbohydrates
6	g Fat