

Sankranthi Nutri Bars

Procedure:

- Melt the butter in a bowl and add all wet ingredients.
- Add all dry ingredients in another bowl.
- Combine both and mix well.
- In a tray with 9/11" line with aluminium foil & pour in the mixture
- Press Down the mixture REALLY well till hard and it holds shape. See to it that this mixture is evenly spread through out the tray with same thickness.
- Bake @ 160 degrees till the top is brown, for 20/25 minutes.
- Cool completely and take it off the tray.
- Cut into bars and store in an airtight container.
- For variation you can add Choco chips or dip in chocolate. Or frizz some chocolate on top after baking.
- Nuts /berries and seeds can be replaced of your choice but in the same measurement.

Ingredients:

- Oats - 4 cups
- Almond flakes - 1 cup
- Peanut flakes - 1/4 cup
- Sesame seeds - 1/4 cup
- Chia seeds 2 teaspoon
- Sunflower seeds - 8 tablespoon
- Honey - 1/2 cup
- Condensed milk - 1cup
- Butter - 4 tablespoon (60 grams)
- Black currants- 2 tablespoon
- Vanilla extract 1 teaspoon