



HIGH-PROTEIN BARS

👤 Basic level

SNACK MADE FROM HIGH-PROTEIN FLOUR

DOUGH FOR HIGH-PROTEIN BAR

INGREDIENTS

AMAVITA

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unrefined cane sugar

GRANELLA DI NOCCIOLA

candied orange

GLUCOSIO

raisins

PEPITA FONDENTE 1800

water

PREPARATION

1.200g Add all the dry ingredients in a planetary mixer and mix them at low speed
 300g for 2 minutes.
 300g Then, add water, GLUCOSIO and blend until well combined.
 180g
 300g
 300g
 350g
 300g
 480g

Final composition

Cast in a 60x40cm baking tray lined with parchment paper.

Use a spatula to smooth out.

Bake at 170°C for 20-25 minutes.

When cooked, let it cool down until lukewarm and cut into 6x3 cm bars.