



Via Suecia – The Swedish Trail™

## The Via Suecia™ Energy Bar

### Ingredients

175g butter

150g honey

100g Roh Sugar

Put together in a pot and warm it up until it's caramelized.

350g Oatmeal

1 Teaspoon Cinnamon

130g Apricots

50 g Sunflower Seed

50g Sesame Seed

60g Almond nuts

Some Raisins

Chocolate to cover the bars

### How to

Mix up.

Put the Caramel to the other things, put it in a form and press firmly.

Around 10 minutes baking, 190° circulating air.

When it's cold put the melted chocolate on it.

**Very tasty!**

### Want to share some tasty hiker food recipes?

Please mail us! We would love to share it with other hikers!

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