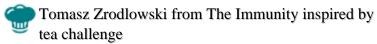


# **Mood Bar**





- Sub Category Name Food Sweets
- Recipe Source Name Immunity Inspired by Tea Recipes
- Festivities Name Autumn

Spring

Summer

Winter

## **Used Teas**



Green Rooibos Lemongrass & Spearmint

## **Ingredients**

## **Mood Bar**

Lemongrass & Spearmint Dilmah Tea Syrup

• 11.5g Dilmah's Lemongrass and Spearmint Tea



- 500g Water
- 100g Sugar
- 100g Honey

#### **Oatmeal Bar**

- 30-40g Oatmeal Flakes
- 40g Protein Powder, vanilla
- 150g Cashews, roasted and unsalted
- 180g mix of Dates, Dried Cranberry, Raisins (or any combination of dried fruits you'd like)
- 80g Peanut Butter
- 15-20g Lemongrass & Spearmint Dilmah Tea Syrup
- A pinch of Salt

## **Methods and Directions**

#### **Mood Bar**

#### Lemongrass & Spearmint Dilmah Tea Syrup

- In a pot, bring the water to a boil and, right after reaching boiling point, take it out of the heat source.
- Add the tea into the pot, cover and brew it for seven minutes.
- Then, strain the tea and dissolve 100g of sugar and 100g of Honey in the strained tea.

#### **Oatmeal Bar**

- Prepare a blitzer (it must be clean and dry) and a cake mold (20x20cm), and cover it with food wrap.
- Then, blitz oat flakes until they reach your favorite texture.
- Using a spatula, scoop the oat flour onto the bottom of the bowl.
- Next, add the prepared Lemongrass & Spearmint Dilmah Tea Syrup and the rest of the ingredients. Blitz for approx. 30 seconds.
- Using a spatula, scrape the ingredients to the bottom of the bowl and blitz for another 10 seconds
- Place the ingredients in the previously prepared cake mold, smooth the surface with a spatula and leave it in the refrigerator for a minimum of three hours.
- Once cooled completely, cut into bars (approx. 10cm long), and set aside in the refrigerator until served.

ALL RIGHTS RESERVED © 2025 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 31/03/2025