



Mood Bar



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Tomasz Zrodlowski from The Immunity inspired by tea challenge

- Sub Category Name
 - Food
 - Sweets
- Recipe Source Name
 - Immunity Inspired by Tea Recipes
- Festivities Name
 - Autumn
 - Spring
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 - 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 blender (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.