

# MUESLI BREAD STICKS



Energise your mornings or afternoons with this light and nutritious bread snack for a quick boost of fibre! This is definitely going to be a favourite among children and adults.



SERVING SIZE  
4-5 adults



TIME REQUIRED  
Preparation: 1h | Cooking: 12 mins  
Total waiting/resting: 1h



SERVING SUGGESTION  
Serve warm with a cup of coffee or your favourite breakfast beverage! You may also dip the bread sticks with fruit jam for added flavour.



## INGREDIENTS

Item	Quantity
Flour	400g
Water (lukewarm)	133ml
Salt	8g
Butter	67g
Saf-instant® yeast	11g
Liquid honey	67g
Muesli	67g
Hazelnuts (or other nuts of your choice)	100g
Dried raisins	100g
Dried apricots	100g

## FEATURED PRODUCT



## PRE-PREPARATION

1. Lightly toast the hazelnuts in the oven.

## PREPARE THE DOUGH

1. Mix the flour and salt in a bowl. Add water, yeast, butter and honey.
2. Mix with a mixer for 3 mins on low speed and 6 mins on high, until a homogeneous dough is obtained.
3. Stir the dried raisins and dried apricots into the dough.
4. Form the ball and place it in a bowl/container.
5. First fermentation: Cover it with a damp cloth and let sit for 30 mins at room temperature of 26 - 30°C.

## SHAPING

1. Take out the fermented dough and spread it out in the shape of a rectangle, with thickness measuring around 1.5cm.
2. Cut the dough into strips of about 1.5cm wide and 10cm long.
3. Roll the strips on a damp cloth and then roll them in the muesli. Line the muesli coated strips on a tray lined with baking sheet.
4. Let the bread strips rest and sit for about 30 mins at room temperature of 26 - 30°C.

## BAKING

1. Preheat convection oven to 190°C. Bake the bread strips for 10-12 mins.