

## Ingredient list

### Main ingredients:

- Soy beans (cooked in advance! Not soaked)
- Oat flakes
- Almonds
- Cashew nuts
- Hazelnuts
- Walnuts
- Sunflower seeds
- Pumpkin seeds
- Poppy seeds
- Shredded coconut

Note: Rice, buckwheat or barley can also be used however they need to be cooked in advance, which creates a food hygiene challenge in use in the class.

### Add-ons

- Honey
- Agave sirup (or other sirup)
- Sugar
- Dates
- Raisins
- Cinnamon
- Cocoa powder
- Coffee powder
- Salt
- Iodised salt