

Lemon and Poppy Seed Cereal Bar Recipe

The Ingredients Needed for one cereal bar:

- 20g Rice Krispies
- 10g All Bran
- 20g Blueberries
- 3 squares of milk chocolate
- 1 squirt of golden syrup
- 1 squirt of honey
- 2 large squirts of lemon juice
- The zest of half a lemon
- 2 teaspoons of poppy seeds
- 3 tablespoons of Hemp Protein Powder (optional)
- This is for a fairly large bar, if you would like to make a smaller cereal bar then just halve the ingredients!