



SUPER BAR

Bar

Made with: **PASSION FRUIT INSPIRATION**

Steps: **5**

An original École Valrhona recipe.

Makes 5 bars (REF. 10848)

1 SUNFLOWER SEED & ALMOND INSPIRATION

100g **ALMOND
INSPIRATION**

13g **SUNFLOWER SEEDS**

2 AMARANTH & PASSION FRUIT INSPIRATION

100g **PASSION FRUIT
INSPIRATION**

15g **AMARANTH GRAIN**

3 ACAI BERRY & RASPBERRY INSPIRATION

100g **RASPBERRY
INSPIRATION**

30g **ACAII BERRIES**

4 BEE POLLEN & ABINAO

100g **ABINAO 85%**
10g **BEE POLLEN**

5 SPIRULINA & OPALYS

100g **OPALYS 33%**
10g **SPIRULINA**



Temper the OPALYS, add in the spirulina and mix.

ASSEMBLY AND FINISHING

Place one of the superfoods in each section of the mold.

Place 2g of amaranth grain in the mold's first section.

Place 6g of acai berries in the mold's second section.

Place 2g of bee pollen in the mold's third section.

Place 15 to 20g of spirulina-infused OPALYS in the mold's fourth section.

Place 2g of chopped sunflower seeds in the mold's fifth section.

Then pipe a layer of the tempered couvertures over their corresponding superfoods to fill up the bar mold.

Finish off by filling up the entire mold with the couvertures.