

★  
*Spitiko*

HANDMADE  
ENERGY BARS

PAPAKONSTANTINOY

★★★★★



<https://www.mpares.com>

Based on honey and oats.

# Hand made oat bars

No sugar added. No preservatives. Not baked.

## **Peanut butter**

corn flakes, peanut butter, honey, oats, sesame, chocolate, sunflower seeds, peanuts

## **Apple & cinnamon**

oats, honey, corn flakes, sesame, almonds, sunflower seeds, dried apple, cinnamon

## **Sesame Spread & orange**

oats, honey, sesame spread, orange pieces, chocolate, peanuts

## **Cookies**

honey, cookies, oats, chocolate, hazelnuts

## **Banana**

rice cereals, dried banana, peanuts, oats, honey, chocolate

## **Cranberry**

oats, honey, corn flakes, cranberries, peanuts, sunflower seeds, sesame

## **Coconut**

honey, coconut, oats, chocolate, peanuts, white chocolate

## **Super foods**

oats, honey, corn flakes, chia seeds, goji berry, cranberry, peanuts

## **Sesame Spread**

oats, honey, sesame spread, bran flakes, cranberry, almonds, cashews



**Spitiko Papakonstantinou**

Nea Kerdilia, Serres, Greece

[www.mpares.com](http://www.mpares.com), [info@mpares.com](mailto:info@mpares.com)

[f mpares.spitikopapakonstantinou](https://www.facebook.com/mpares.spitikopapakonstantinou)