Bibliography


Appendix

A. Packaging Design (9x15)

B. Logo Design
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Fish Bone Energy Bar
(FIBE ENERGY BAR)

For 4 servings

Ingredients:
FISH BONE POWDER
- 20gr Fish Bone
- 20gr ginger
- 5gr pepper
- 5gr five spice
- 5gr coriander
- 5gr palm sugar
- 10gr salt

HEALTHY ENERGY BAR
- 45gr fish bone powder
- 80gr rolled oat
- 15gr red beans, grinded
- 15gr sunflower seed
- 50gr pumpkin seed, baked in the oven 180°C for 30 minutes
- 15gr red rice, grinded
- 20gr chopped peanut
- 10gr ginger, minced
- 10gr garlic, minced
- 100ml milk

Instructions:
FISH BONE POWDER
- Scrape fish bone from fish meat
- Boil in a pressure cooker for 1 hour with ginger
- Sun dry fish bone for 2 days until dry
- Grind dried fish bone in the grinder with remaining ingredients

HEALTHY ENERGY BAR
- Grease pan. Preheat oven to 180°C
- Mix ingredients
- Bake in the oven for 30 minutes until golden brown on top.
- Remove and cut per portion size, wrap in plastic wrap