

The invention relates to the food industry, namely to that confectionery.

A cereal bar, which comprises whole wheat, agar, water, dried fruit, honey, flaxseed and confectionery glaze.

The proposed combination of the components in certain ratios provides enrichment of the bar with the biologically active substances of the sprouted wheat grain, the glucose and fructose of the dried fruits, polyunsaturated fatty acids of flaxseed. Through the use of an agar solution as a binder component, the product has a low caloric value.