

Homemade Muesli Bars

Makes approx.16 bars

Ingredients

3/4 cup rolled oats
1 cup muesli*
1 cup sultanas
1 cup chopped dried apricots (or dried fruit medley)
3/4 cup freshly squeezed orange juice(retain the peel for other recipe)
1/2 cup pitted prunes
1/2 cup dates
1/4 cup shredded coconut
1/4 cup LSA
1/4 cup sunflower seeds
3 tablespoons honey
Natural yoghurt
*Use a natural muesli that is nut and sugar free.

Method

1. In a medium saucepan, combine sultanas, apricots, honey and orange juice. Bring to the boil, stir for one minute, cover with lid and turn off heat.
2. When cool, combine with remaining ingredients except for yoghurt. Press mixture into an oiled cake tin or mini muffin tins can create cute round bars for variety. Press down well with hands to compact mixture.
3. Spoon small dollops of yoghurt onto each bar.
Cook in oven 160 degrees for 5 mins. Then refrigerate for 24 hours before serving (we can never wait that long!)

TIP: Can be kept in the fridge. We freeze ours individually.

Tip: If bringing to school or childcare, ensure you mark the container with “nut free muesli bar” to conform to the current policies!

This is a great healthy treat snack that will fill you up without too many extra calories. I have made it with and without the yoghurt and both varieties are nice!!

Enjoy!