

No-Bake Muesli Bars

Makes 10

Allow 15 mins to prepare

Allow 2 hours to set

Ingredients

The following ingredients can all be purchased at Coles Supermarket and Strawberry Point

Wet mix

¼ cup coconut oil, ¼ cup honey, ¼ tps Sea Salt

1 tps vanilla essence

Dry mix

½ cup oats,, ½ cup rice puffs / bubbles

1 cup nuts & seeds. Mix up the combinations each batch. Chop larger nuts into the size of a pumpkin seed. 1 cup dried fruit. Mix up the combinations each batch. Chop larger pieces into the size of a sultana.

Spice Mix

1 tsp spice powders. Cinnamon, cardamom, nutmeg, cloves.

Method

Place the wet mix ingredients in a saucepan. Allow them to come to a simmer. Add the dry mix ingredients in the order of the list. Mix thoroughly. Finish the batch with the spice mix and stir well. Allow the mixture to cook through for a couple of minutes to allow the ingredients to soften a little. Press the mix firmly into a 15cm x 20cm tin, lined with baking paper. Set for two hours.

Turn out and cut into bars.



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