

Muesli Slice

2 cups rolled oats
2 Tbsp wholemeal flour
1 cup chopped dried fruit eg apricots, dates, raisins, sultanas, figs
1 tsp cinnamon
1 tsp mixed spice
¼ cup seeds eg sesame, sunflower, pumpkin
½ cup honey
2 Tbsp peanut butter
1 tsp coconut essence
1 tsp vanilla
1 egg

Place rolled oats, flour, dried fruit, spices and seeds together in a bowl. In a separate bowl or jug mix together the honey and peanut butter; microwave for a few seconds to soften. Add coconut essence, vanilla and egg; mix well and add to dry ingredients. Press into sponge roll tin and cook for 15 minutes at 180C. When cold slice into bars. Makes 15.

Health Habits:

- Using rolled oats and wholemeal flour instead of white flour – increases fibre
- Adding dried fruit and seeds – more fibre
- No added fats or oils (except as a small amount in the peanut butter)