Dried cranberry & mixed nut muesli bars

Preparation time

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Cooking time

20 minutes

Serves

10

Recipe courtesy of

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Ingredients Method Nutrition

2 tbsp margarine

2 tbsp honey

1 tsp vanilla essence

1½ cups rolled oats

¾ cup nuts (almonds, walnuts, hazelnuts), roughly chopped

1/3 cup dried cranberries

1/3 cup seeds (linseed, pepitas, sunflower seeds)

1/3 cup desiccated coconut

1/3 cup wholemeal flour

1 egg, beaten

4 tbsp reduced-fat milk

2 tsp cinnamon

1. Preheat oven to 180°C. Line a 20cm square baking tin with baking paper.
2. Melt margarine, honey and vanilla essence in the microwave or in a small saucepan on low heat. Combine all ingredients in a large bowl. Press into baking tray and bake for 20 minutes or until golden.
3. Allow to cool completely before slicing into bars.

Nutritional information is provided per serve

Engery	1037kJ (248 calories)
Protein	6g
Saturated Fat	4g
Total Fat	15g
Carbohydrates	20g
Sugars	10g
Dietary Fibre	4g
Sodium	56g