

# Dried cranberry & mixed nut muesli bars

Preparation time

-

Cooking time

20 minutes

Serves

10

Recipe courtesy of

Megan Cameron-Lee, Accredited Practising Dietitian (APD)



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

Energy 1037kJ (248 calories)

Protein 6g

Saturated Fat 4g

Total Fat 15g

Carbohydrates 20g

Sugars 10g

Dietary Fibre 4g

Sodium 56g