

MUESLI SLICE



INGREDIENTS

140g butter
½ cup dried apricots, finely diced
2 tbs rice syrup
⅓ cup coconut sugar
1 cup oats, rolled
½ cup quinoa flakes
½ cup self raising flour
⅓ cup sultanas
3 tbs sesame seeds
3 tbs sunflower seeds
3 tbs pepitas
2 tbs chia seeds

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES: 12

PREPARATION

Put your oven onto 180°C. Line a 20cm slice tin with baking paper.

METHOD

- * Heat the butter, sugar and rice syrup in a saucepan over low heat until melted.
- * Add apricots to the butter mixture and heat until they're soft.
- * Mix all the other ingredients in a bowl, add in melted butter mixture and stir until combined.
- * Press mixture into the slice tin and bake for 15-20 minutes or until golden brown.
- * Cool in tin completely before removing and cutting.

REHEATING, STORAGE & LEFTOVERS

Store in an airtight container for up to 7 days.

VARIATIONS & TIPS

- * For a variation, try using rapadura, muscovado or brown sugar.
- * You can omit the quinoa flakes and just add more oats.
- * If sensitive to gluten, use GF self raising flour and GF oats.
- * Try adding ½ apricots and ½ dates for a variation (you may need to decrease the sugar too).

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to ensure there are no nasties in you ingredients.

Adapted from Source: www.healthyangels.com.au