

# No Bake Muesli Slice

- 1 CUP OATS
- 1 CUP RICE BUBBLES OR PUFFED BROWN RICE
- 4 WEETBIX - CRUSHED
- 1 CUP DESSICATED OR SHREDDED COCONUT
- 1/2 CUP MIXED DRIED FRUIT, SULTANAS OR CHOPPED DRIED APRICOTS
- 1/4 CUP SESAME SEEDS
- 1/2 CUP BROWN SUGAR - FIRMLY PACKED
- 1/2 CUP HONEY
- 1/2 CUP 100% PEANUTS PEANUT BUTTER
- 125G BUTTER

- GREASE AND LINE A 19CM X 29CM SLICE TRAY
- COMBINE OATS, RICE BUBBLES, WEETBIX, COCONUT, DRIED FRUIT & SESAME SEEDS.
- COMBINE SUGAR, HONEY, PEANUT BUTTER AND BUTTER IN A SAUCEPAN. STIR OCCASIONALLY OVER LOW HEAT UNTIL THE BUTTER HAS MELTED AND THE SUGAR DISSOLVED.
- BRING TO THE BOIL, THEN REDUCE HEAT AND SIMMER FOR 5 MINUTES. STIR OCASIONALLY.
- COMBINE WET AND DRY INGREDIENTS. MIX THOROUGHLY.
- PRESS MIXTURE INTO THE SLICE PAN.
- PLACE IN THE FRIDGE OVERNIGHT.

## NOTES

- BARS CAN BE STORED IN AN AIRTIGHT CONTAINER.
- PREFERABLY STORE BARS IN THE FRIDGE AS THEY WILL LAST LONGER.
- IF THE BARS ARE TO BE TAKEN TO SCHOOL, OR OTHER AREAS WITH CHILDREN, LEAVE THE PEANUT BUTTER OUT OF THE RECIPE.

## NUTRITION INFORMATION

THESE BARS ARE A FUN WAY FOR KIDS TO LEARN TO MAKE THEIR OWN BREAKFAST OR SNACKS.

FOR OLDER CHILDREN, THEY ARE IN THE FRIDGE READY TO GRAB'N'GO WHEN TIME IS LIMITED, OR WHEN THEY NEED TO LOOK AFTER THEMSELVES.

THESE BARS ARE A QUALITY SOURCE OF PROBIOTICS, DIETARY FIBRE, HEALTHY FATS AND PROTEIN.

