

# Fruit muesli slice

Traffic light category: **Amber**

Serves: 18

## Ingredients

### Dry mix

- 1 ½ cups rolled oats or muesli cereal mix
- 1 cup washed raisins (wash to separate them) or chopped dates
- 1 cup of unsalted nuts\* of your choice
- ½ cup of plain flour

### Wet mix

- » 2 tablespoons brown sugar
- » 2 tablespoons honey or maple syrup
- » ½ tablespoons margarine or olive oil
- » 1 egg or 2 egg whites
- » ½ cup milk

## Method

1. Preheat oven to 180°C
2. Combine all dry ingredients in a large bowl
3. In a separate microwave safe bowl, combine the brown sugar, honey and margarine and microwave for 30 seconds
4. Add the egg and milk to the wet mix and combine
5. Pour the wet mix into the dry ingredients and stir through
6. Line a slice tray with baking paper
7. Bake in a moderate 180°C oven for 15 minutes
8. Allow to cool and slice into small bite size pieces.

### Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	44g	100g
Energy	527kJ	1196kJ
Protein	2.6g	6g
Total fat	1.8g	4.2g
Saturated fat	0.4g	1g
Carbohydrate	24g	55g
Sugars	15g	34g
Dietary fibre	1.8g	4g
Sodium	13mg	30mg

### Variations

- » Rolled oats and oat bran
- » Hazelnuts and brazil nuts
- » Mixed fruit
- » Dates
- » Dried cranberries

\* Check your schools' allergy awareness policy before using nuts in this recipe and sending it to school. The slice is still delicious if the nuts are omitted.