

Apricot and Craisin Muesli Squares

Traffic light category: **Amber**

Serves: 20

Ingredients

- 1/3 cup vegetable oil
- 1/2 cup honey
- 2 tablespoons brown sugar
- 1 1/2 cups rolled oats
- 1 1/2 cups Weetbix, crushed
- 2/3 cup dried cranberries, roughly chopped
- 1/2 cup dried apricots, roughly chopped
- 2 teaspoon ground cinnamon

Method

1. Preheat oven to 170°C. Line a 20cm x 30cm lamington pan with baking paper, allowing a 4cm overhang at long sides
2. Place oil, honey and sugar in a saucepan over low heat. Cook, stirring, for 2 minutes or until melted and combined
3. Bring to the boil, reduce heat to low and simmer 2 minutes or until slightly thickened, remove from heat
3. Place oats, Weetbix, cranberries, apricots and cinnamon in a medium bowl, stir to combine
4. Pour honey mixture into dry ingredients and stir
5. Pour into prepared tin, using the back of a spoon press mixture firmly
6. Bake for 25 minutes or until golden
7. Set aside to cool completely before cutting into squares.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	521.3kJ	1606.4kJ
Protein	1.43g	4.4g
Total fat	4.5g	13.8g
Saturated fat	0.5g	1.6g
Carbohydrate	19.2g	59.3g
Sugars	13.9g	43.0g
Dietary fibre	1.6g	5.1g
Sodium	11.6mg	35.8mg



Adapted from taste.com



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