



Apricot and Craisin Muesli Squares

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Traffic light category: **Amber** Serves: 20

Ingredients

- ⅓ cup vegetable oil
- ½ cup honey
- 2 tablespoons brown sugar
- 1½ cups rolled oats
- 1½ cups Weetbix, crushed
- ⅔ cup dried cranberries, roughly chopped
- ½ 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
4. Place oats, Wheetbix, cranberries, apricots and cinnamon in a medium bowl, stir to combine
5. Pour honey mixture into dry ingredients and stir
6. Pour into prepared tin, using the back of a spoon press mixture firmly
7. Bake for 25 minutes or until golden
8. Set aside to cool completely before cutting into squares.

