



# Weet-Bix energy bar

Published, 2023

**Traffic light category: Amber Serves: 26 ( 50g each)**

## *Ingredients*

- 1 cup plain flour
- 1 teaspoon baking powder
- 4 Weet-Bix™, crushed
- ½ cup rolled oats
- ½ cup brown sugar
- 3 cups chopped dried fruit such as cranberries, dates, currants
- 2 eggs
- 1 cup reduced fat milk
- 4 tablespoons polyunsaturated margarine, melted
- 4 tablespoons honey

## *Method*

1. Pre-heat oven to 170°C
2. Line a 20cm x 30cm lamington tin with baking paper
3. Combine flour, baking powder, Weet-Bix, oats, sugar and fruit, mix in a medium bowl
4. Mix egg, milk, margarine and honey in a jug, combine with dry ingredients
5. Press into prepared tin, bake for 25-30 minutes
6. Cool, cut into bars, store in airtight container.

