

# FRUITY MUESLI BARS

## **INGREDIENTS:**

1cup wholemeal plain flour

½ cup plain flour

¾ cup rolled oats

¾ cup puffed rice cereal

1/3 cup seed mix

½ cup sultanas

½ cup dried apricots chopped

1tsp ground cinnamon

¾ cup veg oil

¾ cup honey

1 egg

## **WHAT TO DO:**

1. Preheat oven 180c.
2. Grease a lamington pan. Line the base with baking paper, extending 3cm above the pan edges.
3. Combine flours, oats, cereal, seed mix, sultanas, apricots and cinnamon in a large bowl.
4. Mix oil, honey and egg in another bowl.
5. Add wet mix to dry mixture.
6. Pour into prepared pan.
7. Cook in a moderate oven for approx 20mins or until golden.
8. Once cooled cut into bars.