

Oat Muesli Rounds



INGREDIENTS

- 1 cup plain / GF plain flour
- 1 tspn baking powder
- 1/2 tspn bicarb soda
- 1/2 cup rapadura or raw sugar
- 2 cups rolled oats
- 1 tblspn raw honey
- 150g butter
- 2 handfuls organic raisons

Did you know the muesli bars you buy from supermarkets contain lots of sugars, additives and preservatives? One big-name brand has 27 ingredients, including 5 different types of sugars - not to mention the additives and preservatives! These are NOT good for your health.

This was the first snack replacement recipe I introduced to my kids. They both love it. I love it because it's so simple. I now make it using even healthier alternatives for some ingredients, but this recipe has been adapted from [Fed Up](#) and is a great introduction to phasing out packaged muesli bars. Check Fed Up for great additive and preservative free recipes.

METHOD

1. Cover & soak (5 - 10 mins) raisons with water, then drain.
2. Pre-heat oven 180 degrees.
3. Combine all dry ingredients in a bowl, and stir the raisons through.
4. Melt butter and stir in honey until combined.
5. Pour the wet ingredients into the dry and mix well.
6. Press firmly into mini muffin tray and bake for 20 mins or until just brown (you could also use a slice tin as well).
7. Leave to cool before removing from the tray. I use silicon muffin trays and they pop out easily. If you use a slice tin, slice it in the pan whilst it is hot - if you leave it to cool, it will crumble like mad.

TIPS

- This recipe freezes well and makes about 24-30 rounds. So much cheaper than store bought bars!
- Cut this into good sized squares or rectangles - whatever takes your fancy.

ANOTHER 2 WAYS TO USE THIS RECIPE

- Add a mashed banana, roll into balls, then flatten to make a biscuit.
- Add extras to boost slice eg. coconut, choc chips, pepitas, sunflower seeds.