

## POWER FRUIT MUESLI BARS



MAKES 12 BARS

PREP  
TIME

**10**  
MINS

COOK  
TIME

**40**  
MINS

### Ingredients

- 1 cup oats
- 1 cup puffed rice
- 1/3 cup wholemeal self-raising flour
- 1/4 cup coconut, desiccated
- 1/4 cup dates, finely chopped
- 1/4 cup dried apricots, finely chopped
- 1/4 cup sultanas, finely chopped
- 1 teaspoon vanilla extract
- 1/4 cup Cobram Estate Light Extra Virgin Olive Oil
- 3/4 cup honey

### Method

1. Preheat oven to 180°C and line a slice tray with baking paper.
2. Combine the oats, puffed rice, flour, coconut, dried fruit and vanilla extract in a large bowl and mix.
3. In a small saucepan over low heat, melt the honey. Then, add melted honey and Cobram Estate Light Extra Virgin Olive Oil to the puffed rice mixture and stir until well combined (note: add water or Extra Virgin Olive Oil if mixture is too dry).
4. Spoon mixture into prepared tray and press mixture using a spoon to even the surface.
5. Bake for 30 - 40 minutes, or until lightly golden.
6. Allow to cool completely in pan. Turn out and cut into rectangular bars to serve in the lunchbox.

### Tips

- Use quinoa flakes and a gluten free self-raising flour to make this recipe gluten free.
- Get creative and top with a drizzle of melted dark chocolate or Greek yoghurt for a gourmet look.