

Banana Crumble Muesli Bars



Ingredients



WET:


1 egg
1/3 cup honey or maple syrup
100ml extra virgin olive oil or butter (melted)

FILLING:

1 cup berries (small pieces)
1 sliced banana
1 tbsp vanilla extract

DRY:

3/4 cup mixed seeds
1 cup gluten free or wholemeal flour
1 cup quinoa flakes or rolled oats
1 cup flaked coconut
1/2 cup desiccated coconut
1 tbsp ground cinnamon

 Ask an adult to help!

 Careful - Sharp knife!

1



Preheat oven to 180°C and line a large baking dish with greaseproof paper.



2



In one bowl, mix together all WET ingredients.

3



In another bowl, mix all DRY ingredients together, then add the WET ingredients.

4



Pour half the mixture into the baking dish and spread evenly. Cook for 10 minutes.

5



Mix together the FILLING ingredients.

6



Take out the cooked base and pour on the filling, then top with the other half of the mixture.

7



Cook for another 30 minutes.



8



Allow to cool completely in the tin before slicing up.



9



Store in the fridge for up to 5 days.