

# Muesli Bars

Dairy free  
Nut free  
Vegetarian



Serves

**16**

Cooking time

**35**

Fruit per serve



**0.5**



Store in fridge or air-tight container for up to 5 days for a yummy lunchbox snack.



## Ingredients

- ½ cup pitted dates
- ½ cup hot water
- 1½ cups rolled oats
- 1 cup puffed rice cereal
- ½ cup desiccated coconut
- ½ cup dried fruit
- 1/3 cup honey
- 2 egg whites

## Equipment

- 24 x 24cm baking tin
- Baking paper
- Oven
- Knife
- Chopping board
- Measuring cups
- Small and large bowl
- Large spoon
- Strainer
- Fork



# How to make it



1. Line baking tin with baking paper. Pre-heat oven to 200 degrees Celsius. Roughly chop  $\frac{1}{2}$  cup dates. In a small bowl, soak dates in  $\frac{1}{2}$  cup hot water for 5 minutes.



3. Drain water from dates using a strainer. Mash dates with a fork to form a paste. Add  $\frac{1}{3}$  cup honey and 2 egg whites to the dates. Mix with a fork.



5. Pour mixture into baking tray and press mixture down firmly with fingertips. Bake for 20 minutes. Allow to cool before cutting into squares.



2. In a large bowl, add  $1\frac{1}{2}$  cups rolled oats, 1 cup puffed rice cereal,  $\frac{1}{2}$  cup desiccated coconut and  $\frac{1}{2}$  cup dried fruit and mix.



4. Add date mixture to dry ingredients and mix.



nom!

