

# Muesli bars



Makes 15

## Ingredients

- 3 cups (350g) organic raw muesli with coconut
- ½ cup (50g) LSA (ground linseed+almonds+sunflower seed)
- 3 eggs
- 1 teaspoon vanilla essence
- ½ teaspoon ground cinnamon
- ⅓ cup olive oil
- ¼ cup honey
- 2 juicing apples, skin off & grated

## Method

1. Preheat oven to 160° Celsius.
2. Combine muesli, LSA, eggs, vanilla essence, cinnamon, olive oil, honey and grated apple in one large bowl until mixed through.
3. Line square baking tray with baking paper.
4. Spoon mixture into tray, making sure mixture is flat and even.
5. Cut off overlapping baking paper.
6. Cover with a piece of greaseproof paper, use the bottom of a ¼ cup to flatten the surface
7. Evenly sprinkle a few pumpkin & sesame seeds on top, repeat step 6.
8. Bake for 25 min until lightly golden.
9. Cool, then cut into 15 rectangular pieces.



A great alternative to commercial muesli bars which tend to be high in added sugars. These muesli bars have minimal added sugar and are a great source of mono and poly unsaturated fats which are great for our cardiovascular health! Keep in mind that the one serve is 850kJ which is more than what's considered to be a snack (400-600kJ).

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## Nutrition information

Servings per recipe: 1.00 | Serving size: 70.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	851 kJ	1220 kJ
Protein	4.5 g	6.5 g
Fat, total	11.1 g	15.8 g
- saturated	2.3 g	3.3 g
Carbohydrate	19.7 g	28.2 g
- sugars	10.5 g	14.9 g
Sodium	22 mg	31 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

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