

ANZAC Inspired Muesli Bar

2 cups of Rolled Oats	200g of Prunes
1 cup of Desiccated Coconut	2 tb of Cacao powder
¼ cup of Sunflower Seed	100g of Honey
¼ cup of Pumpkin Seed	100g of Butter

Line a biscuit tray that has an edge with grease proof paper
Over a low heat, toast the oats and coconut till turning golden brown and aromatic

Combine the honey and butter to melt, bringing to a gentle simmer for 5 minutes, which will create a basic caramel

Meanwhile, in a large mixing bowl combine the pumpkin seeds, sunflower seeds, cacao powder and the toasted oats and coconut

Slice the prunes into thin strips, adding to the bowl

Pour the caramel over the oat mix and stir well to combine

Press evenly into the prepared tray

Refrigerate till completely set, then portion keeping cool to avoid a crumbling slice



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