

Oat Muesli Slice For Kids

Do you know Muesli bars you buy from the shops contain lots of sugars, additives and preservatives. One big name brand has 27 ingredients, including 5 different types of sugars! Not to mention the additives and preservatives. These are NOT good for your health.

Here's a simple recipe you can make at home with a little help from mum or dad. This makes about 24 round oat muesli slices. You can even freeze these so they last longer.

Dry Ingredients

- 1 cup of Plain or Gluten Free Flour
- 1 tspn Baking Powder
- ½ tspn Bicarb Soda
- 2 Cups of Rolled Oats
- 2 handfuls of organic raisons

Wet Ingredients

- 1 cup Rice Malt Syrup
- 150g Butter

Equipment

- Medium sized bowl & water
- Big mixing bowl and wooden spoon
- Small Saucepan and spoon
- Measuring cups and spoons
- Mini Muffin tray
- Cooking Spray



Directions

1. Cover the raisons with water. Soak for 5-10 mins, then drain them
2. Pre-heat oven 180 degrees, spray each hole of the muffin tray with cooking spray
3. Combine all dry ingredients in a bowl
4. Stir the raisons through the dry ingredients
5. Turn stove onto medium heat and melt the butter, then stir in rice malt syrup until combined
6. Pour the wet ingredients into the dry and mix well
7. Take a large spoonful and pop into each hole of the muffin tray. Press down with your fingers or the back of the spoon so they are packed tightly.
8. Bake for 20 mins or until just brown
9. Leave to cool in the muffin tray, then gently pop out - you may need to use a knife to pop them out. (I use a silicone tray so they pop out easily)