

Oat Muesli Slice

Do you know an Uncle Toby's Forest Fruits Muesli bar contains 27 ingredients, including 5 different types of sugars! Not to mention the additives and preservatives. Needless to say, the muesli bar was one of the first snack foods to be phased out in my house.

This was the first snack replacement recipe I introduced to my kids. They both love it. I love it because it's so simple - even my 8yo can make it. I now make it using even healthier alternatives for some ingredients, but this recipe has been adapted from Fed Up and is a great introduction to phasing out packaged muesli bars. Check Fed Up for great additive and preservative free recipes.

Ingredients

- 1 cup of Plain or Gluten Free Flour
- 1 tspn Baking Powder
- ½ tspn Bicarb Soda
- ½ cup Raw Sugar
- 1 tblspn of Raw Honey
- 2 Cups of Rolled Oats
- 150g Butter
- 2 handfuls of organic raisins



Directions

1. Cover the raisins with water. Soak for 30 mins, then drain them
2. Pre-heat oven 180 degrees
3. Combine all dry ingredients in a bowl, and stir the raisins through
4. Melt butter and stir in honey until combined
5. Pour the wet ingredients into the dry and mix well
6. Press into a slice tray and bake for 20 mins or until just brown
7. Cut in the tray and leave to cool the tray before removing (don't wait for it to cool to cut because it will crumble)

Tip

- This recipe freezes well and makes a lot - so much cheaper than the Uncle Toby's bars!
- Cut this into good sized squares or rectangles - whatever takes your fancy

Another 2 ways from this recipe.

- Add a mashed banana, roll into balls, then flatten to make a biscuit
- Add extras to boost slice eg. coconut, choc chips, pepitas, sunflower seeds