

Bircher Muesli Bar

🕒 ❄️ ❤️ can be GF

This recipe was inspired by our daughters favourite breakfast bircher muesli.

How we'll use it this week

- Healthy Snack Option

Ingredients

- 3 cups rolled oats (use GF if you wish)
- 6-8 dates chopped roughly
- 1/2 cup coconut - shredded
- 150g mixed dried fruit (roughly chopped)
- 2 tblspns chia seed
- 40g water
- 100ml freshly squeezed orange juice - including pith
- 3/4 cup natural greek yoghurt



TIP: This is a great breakfast too - serve with yoghurt and fresh fruit

Directions

1. Pre-heat oven to 180 degrees, line slice tin with baking paper.
2. Place chia in a small bowl, add water and mix well. Allow to sit to form a gel whilst preparing other ingredients.
3. Use food processor to chop and mix dried fruit and coconut.
4. Put oats in a bowl, and add chopped dried fruit. Mix well.
5. Add chia gel and mix well - this is a good activity to get the children to mix using their hands.
6. Stir in orange juice & pith, mix well.
7. Add yoghurt and combine really well.
8. Press into tin firmly with hands (also great for kids).
9. Bake for 20-30 minutes until golden.
10. Cool in pan on rack, then slice in bars or squares - whichever your preference.

Freezing / Storing Instructions

Can be frozen in an air tight container.

Another 2 ways to use this recipe

- Serve as a breakfast
- Add some cinnamon.