

CHEWY MUESLI SQUARES



Ingredients

1 cup rolled oats
1 cup almonds, chopped
 $\frac{1}{2}$ cup coconut flakes
0.3 cup sunflower seeds
 $\frac{1}{3}$ cup pepitas
 $\frac{1}{4}$ cup cranberries
 $\frac{1}{3}$ cup dried apricots, chopped
3 tbs chia seeds
 $\frac{1}{2}$ cup rice syrup

Method

In a large frying pan, over a medium flame, separately roast the oats, almonds, coconut flakes, sunflower seeds and pepitas . Place the roasted mixture in a large bowl and mix in the dried fruit and chia seeds.

Pour the rice syrup into the pan to heat gently. Add the grain, seed and fruit mix to the pan and stir through thoroughly.

Press the mixture onto a flat baking sheet and refrigerate until cool.
Cut into squares and store in an airtight container.

Note: If your child has a problem with preservative 220 (sulphur dioxide) look for preservative-free dried fruit in health food stores. Sulphur-free apricots are brown in colour.
This recipe is not suitable for children with nut allergies.