

Fruity Macadamia Munch Bars

Serves: 10

Prep time: 10 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

300g mixed dried fruit, finely chopped

$\frac{3}{4}$ cup macadamias, roasted and roughly chopped

$\frac{1}{2}$ cup mixed seeds

1 $\frac{1}{4}$ cups wholemeal plain flour

1 cup oats

3 tablespoons honey

200mL apple juice, no added sugar

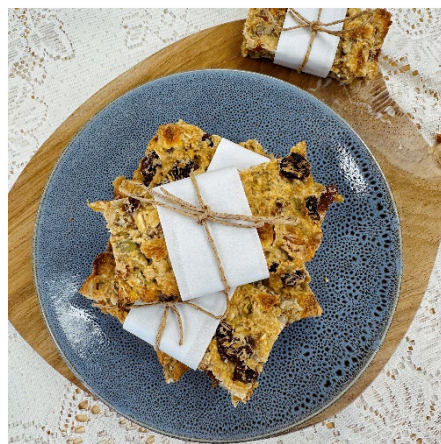
Method

PREHEAT oven to 180°C and line a slice tin with baking paper.

ADD all ingredients to a mixing bowl and stir to combine.

SPREAD mixture into prepared slice tin and bake in oven for 20 minutes or until golden brown on top.

REMOVE from oven and allow to cool before cutting into 10 equal bars.



Discretionary Food

Recipe courtesy of the Country Kitchens team