

School Breakfast Clubs Program

Recipes



Treat your students with a fun recipe that incorporates muesli from the School Breakfast Clubs Program. Enjoy!



Muesli Slice

Serves: 12

Difficulty: Easy

Health Rating: Green

Ingredients

2 cups muesli mix

1/2 cup apple sauce,
unsweetened

3/4 cup nut or seed butter of
your choice (smooth or
crunchy), no added sugar

Method

1. Place the muesli mix into a large mixing bowl.
2. In a microwave safe bowl or jug, microwave the apple sauce and nut/seed butter for 30 seconds on high. Mix to combine.
3. Pour the apple sauce and nut/seed butter mixture over the muesli and mix thoroughly to coat.
4. Line a 20cm slice tin with baking paper and tip in the mixture.
5. Using a spoon or spatula, press the mixture down firmly, flattening and smoothing the top.
6. Refrigerate for 2 hours or until firm enough to lift out without it crumbling.
7. Cut into 12 small bars and store in an airtight container for 5 days or in the freezer for up to 3 months!

Extra tip: After slicing into bars, these can be baked in an oven safe tin at 160C for 15-20 minutes until crisp and crunchy.

Mix it up!

- Add orange zest to the mix for a citrus twist.
- Roll the mixture into balls and keep in the fridge for an easy grab and go snack!