

# Berry Banana Crumble Muesli Bars



Preparation time: 55 mins

Serves: 20 people

User Rating: ★★★★★

Publication: 30 May 2019

Categories: Lunchboxes & Snacks, Vegetarian, Kid Friendly



## Ingredients

### WET INGREDIENTS:

- 1 egg
- 1/3 cup honey or maple syrup
- 100mL extra virgin olive oil or butter\*

### DRY INGREDIENTS:

- 3/4 cup (110g) mixed seeds such as linseeds, sunflower seeds and sesame
- 1 cup gluten free (160g) or wholemeal plain flour\*
- 1 cup (86g) quinoa flakes
- 1 cup (52g) flaked coconut

- 1/2 cup (52g) desiccated coconut
- 1 tbsp ground cinnamon

FILLING:

- 1 cup berries, fresh or frozen and defrosted
- 1 banana, sliced
- 1 tbsp vanilla extract

Method

1. Preheat oven to 180C and line a large baking dish (20cm x 20cm) with greaseproof paper.
2. In a mixing bowl combine all wet ingredients and whisk well.
3. In another large bowl combine all dry ingredients, mix, then add wet ingredients to dry ingredients and mix again.
4. Pour half the mix into the baking dish, press out evenly using your hands then place in the oven to cook for 10 minutes.
5. Whilst cooking mix together ingredients for filling.
6. Once base is cooked, pour in the filling and then top with remainder of muesli mix. Move around a little so some berries poke through if you wish, then place in oven to cook for a further 30 minutes.
7. Allow to cool completely in tin, before slicing and serving.
8. Store in the fridge up to 5 days.

Notes

- If using butter, melt beforehand.
  - If quinoa flakes aren't on hand, use whole rolled oats, you may need a touch more olive oil, melted butter, or an extra egg if using oats as they absorb liquid more rapidly.
  - Fruit filling can be swapped for whatever is seasonal just aim to keep the fruit pieces quite small so they cook more rapidly.
- \* For gluten-free substitute, use plain flour instead of wholemeal flour
- \* For dairy-free substitute, use extra virgin olive oil instead of butter

Recipe by Jacqueline Alwill

Nutritional Information

| Serving size | Energy           | Protein | Total fat | Trans fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
|--------------|------------------|---------|-----------|-----------|---------------|---------------|--------|-------|
| 51g          | 778kj<br>186kcal | 3.6g    | 11.4g     | 4g        | 15.7g         | 7.9g          | 7mg    | 3.4g  |

All nutrition values are per serve.