

Free of gluten, wheat and dairy, but with all the crunch and flavour like ordinary muesli bars, you'll be happy to give this to your kids, and enjoy it yourself, too!



# crunch time

To make this muesli bar nut free, use a muesli without nuts, or remove nuts from muesli before combining at step 2. For a fruity flavour, add 30g thinly sliced dried strawberries or 30g Craisins (dried cranberries) at step 2.

## crunchy muesli bars

(free of wheat, yeast, gluten, egg, soy, preservatives, dairy)

### Oil spray, to grease

**3½ cups wheat- and gluten-free muesli (we used Food For Health The Gluten Free Muesli)**

**½ cup desiccated coconut**

**½ tsp ground cinnamon**

**¼ cup pepitas (pumpkin seeds)**

**1¼ cups sunflower seeds**

**1 tbs cornflour**

**100g Nuttelex Spread**

**¼ cup golden syrup**

**¼ cup honey**

- 1 Preheat the oven to 180°C. Grease a 20 x 30cm slice pan with oil spray and line with non-stick baking paper, allowing a 2cm overhang on all sides.
- 2 Combine the muesli, coconut, cinnamon, pepitas, sunflower seeds and cornflour in a large bowl.
- 3 Place the Nuttelex, golden syrup and honey in a saucepan over medium heat. Cook, stirring, for 1-2 minutes or until melted and bubbling.
- 4 Make a well in the centre of the muesli mixture. Pour in the hot syrup and stir to combine. Spoon the mixture into the prepared pan and spread evenly. Bake for 30 minutes or until crisp and golden. Remove from oven and set aside to cool in pan overnight. Using the overhanging baking paper, lift the slice from the pan. Cut into 12 bars to serve. **AP**