

Cereal Bars



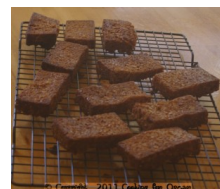
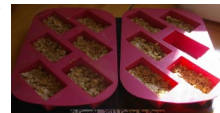
Serves 10-12
Prep time 5 minutes
Cook time 25 minutes
Total time 30 minutes
Meal type [Sweet Things](#)
Misc [Child Friendly](#), [Pre-preparable](#), [Serve Cold](#)

Ingredients

- 100g Unsalted Butter
- 1/2 cup Brown sugar (firmly packed)
- 1/4 cup Golden Syrup
- 1 cup Rolled oats
- 2/3 cups Millet rings
- 2/3 cups Rice Bubbles
- 2/3 cups Special K
- 2/3 cups Quinoa flakes

Directions

1. Prepare a 20cm square tin by lining with foil or use silicon mini loaf trays (2 x 6-holes). Preheat the oven to 180 C.
2. Place the butter, sugar and golden syrup in a medium saucepan. Heat gently until the sugar has melted.
3. Remove from the heat and stir in the remaining ingredients.
4. Pour the mixture into the prepared tin or silicon trays and level the surface. Bake for 20 to 25 minutes, or until brown.
5. Leave to cool for 10 minutes. If using a cake tin, lift out and cut into 10 to 12 bars and place on wire rack to cool. If using silicon trays, turn out onto a wire rack to cool.
6. Once completely cool, store in an airtight container for up to 4 weeks.



Note

Low Chemical / Failsafe

Variations:

- Use Rice Malt Syrup instead of Golden Syrup for a slightly different flavour.
- Use any combination of cereals and in any quantities, as long as the total quantity adds up to 3 2/3 cups.