

Chewy Muesli Bars



Serves	10
Prep time	10 minutes
Cook time	30 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- canola oil spray
- 3/4 cups rolled oats
- 3/4 cups puffed rice
- 1/2 cup oat bran
- 1/3 cup plain white flour
- 1/3 cup raw cashews (coarsely chopped)
- 2 tablespoons wheat bran
- 1/3 cup syrup from tinned pears in syrup
- 2 tablespoons brown sugar (softly packed)
- 2 tablespoons golden syrup
- 1 teaspoon vanilla essence

If allowed (Optional)

- 2/3 cups dried fruit - apple, pear, banana, paw paw (chopped into small pieces, refer to Basics Page)

if nuts aren't allowed (Optional)

- 1/3 cup processed bran (instead of cashews)

Directions

1. Preheat the oven to 180°C. Line a 20 x 20cm baking tin with foil, leaving a good overhang. Coat with canola oil spray.
2. Place the wheat bran, oats and oat bran in a baking tray and toast in the oven for about 10 minutes or until the oats are lightly browned and fragrant. Transfer to a large mixing bowl and add the flour, puffed rice, dried fruit, coconut and cashews/processed bran.
3. Combine the pear syrup, brown sugar and golden syrup in a small saucepan. Cook over a medium heat until the brown sugar has dissolved. Remove from the heat and stir in the vanilla essence. Pour the syrup over the oat mixture, stirring to coat.
4. Spoon the oat mixture into the foil-lined baking tin. With moistened hands, press the mixture into an even layer. Cut the mixture into 10 bars in the pan.
5. Bake for about 15 minutes or until firm. Using the foil overhang, carefully lift out the muesli cake and cool on a wire rack. When cool break up the bars.
6. Store in an air-tight container.

Note

Low Chemical / Failsafe, Moderate Amines, Moderate Salicylates

Variations:

1. Drizzle some melted chocolate (Amines) over the top.
2. Use rectangular muffin/mini-loaf trays to make the individual bars, instead cutting them.