

G/F Muesli Slice

Ingredients:

2 Cups Puffed Rice	1/4 Cup Pumpkin Seeds
3/4 Cup Sesame Seeds	1/2 Cup Sunflower Seeds
1/3 Cup Currants	
1/2 Cup Dessicated Coconut	
1/2 Cup Pistachio Kernels	
1/2 Cup Raw Sugar (Diabetics may substitute Agave Nectar)	
1/2 Cup Glucose Syrup	
100g Butter	



Method:

Line a slightly greased 19cm x 29cm lamington tin with enough foil or bakers paper to extend over sides of pan.

Mix the muesli, sesame seeds & pistachios together in a bowl. Place honey, butter and raw sugar into a small saucepan and stir over heat without boiling until the sugar is dissolved. Bring to the boil and boil uncovered for 5 mins.

Pour honey mixture over the dry ingredients and mix well. Press mixture into prepared pan.

Bake at 150C For 30 -35 mins or until golden brown. Cool in pan, cover & refrigerate for several hours until firm.

Cut into squares.

Variation: Simply grab some of our G/F Muesli or Rise & Shine, add the honey, butter & sugar. Easy!