

## Coconut and chia muesli bars

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Kick-start your day with a healthy, homemade muesli bar.

### Ingredients (makes 16)

- 2 cups (185 g) rolled oats
- 1 cup (70 g) shredded [coconut](#)
- ¼ cup (35 g) sunflower seeds
- 1 tbsp sesame seeds
- 2 tbsp chia seeds
- 1 tsp ground cinnamon
- ½ cup (80 g) seedless raisins, roughly chopped
- ½ cup (70 g) dried apricots, roughly chopped
- ½ cup (80 g) raw cashews, roughly chopped
- 105 ml vegetable oil
- ⅓ cup (80 g) brown sugar, firmly packed
- ½ cup (120 ml) honey
- 1 tsp vanilla extract

### Method

Preheat the oven to 140°C. Line a 20 x 30-cm baking tin with kitchen baking paper. Place the rolled

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oats, coconut, sunflower seeds, sesame seeds, chia seeds, cinnamon, raisins, dried apricots and cashews into a large bowl. Stir together the dry ingredients.

Place the vegetable oil, brown sugar, honey and vanilla extract into a medium saucepan. Cook, stirring constantly, over medium heat until the sugar has dissolved and the ingredients are well combined. Add the honey mixture to the dry ingredients and stir to combine. Using slightly wet hands, press the muesli bar mixture firmly into the prepared baking tin. Press the mixture with the back of a spoon to ensure a smooth, even surface.

Bake the muesli bar mixture for 45 minutes or until it is an even dark golden brown. Set it aside to cool completely in the tin before removing it and cutting it into bars.

Recipe note: The muesli is easier to cut up into bars if it has been chilled in the fridge. Store in airtight container in the fridge to keep them crisp, especially in hot weather.

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Recipe from *Ancient Grains, Whole-food Recipes For The Modern Table*, by Catherine Saxelby, available from [Arbon Publishings](#).

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