

Wheat, Nut & Dairy Free Muesli Slice

These delicious Muesli Slices are packed with healthy ingredients and make a terrific lunchbox or teatime snack. This is a wonderfully easy recipe to adapt to your own taste. Add some honey to sweeten things up!

NB: Suitable for both TM5 and TM31

Active Time: 10 min

Total Time: 45 min

Serves: 16 pieces

Ingredients

70 g quinoa
1 tbsp linseeds (flaxseeds)
1 tbsp chia seeds
70 g apple, quartered (appx. 1 small apple)
80 g pitted dates
80 g dried apricots
40 g dried cranberries
90 g rolled oats
70 g Rice Krispies
30 g desiccated coconut
2 tbsp sunflower seeds
50 g olive oil, or any oil of your choice
3 eggs
50 g honey (optional)



Method

1. Preheat oven to 180°C. Line a rectangular baking tin (30 x 20 x 6cm) with baking paper and set aside.
2. Place quinoa, linseeds and chia seeds into mixing bowl and mill **20 sec/speed 9**. Transfer to a bowl and set aside.
3. Place apple into mixing bowl and grate **3 sec/speed 5**, until even consistency is achieved. Scrape down the sides of the bowl with the spatula.
4. Add dates, apricots and cranberries and chop **Turbo/1 sec/3 times** or until all fruit is evenly chopped. Scrape down the sides of the mixing bowl with the spatula.
5. Add all remaining ingredients, including reserved seed mixture and combine **30 sec/reverse/speed 3**.
6. Transfer mixture into prepared baking tin. Press mixture down evenly and smooth with the back of a spoon.
7. Bake for 15-20 minutes (180°C) or until lightly browned. Allow to cool in tin for 15 minutes, then remove and allow to cool completely on a wire rack. Cut into 16 equal pieces and serve or place in an airtight container and store in the refrigerator.

This recipe is part of a Lunchbox collection provided by Anthie Petrou at Thermomix UAE. The recipes have all been adapted from Cookidoo UK, Australia and Steaming Hot cookbook

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