



Breakfast Bars

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A healthy snack.

Ingredients

- 1 ½ cups rolled oats
- 1 apple grated
- ½ cup chopped dates
- ¼ cup slivered almonds
- 1 tablespoon toasted sesame seeds
- ½ cup honey
- ¼ cup oil
- 1 teaspoon cinnamon

Preparation

Combine all ingredients in a mixing bowl. After well mixed, press down in the bowl and let stand for about 10 minutes.

Preheat oven to 200. Press into a greased 20cm baking tin and bake for about 25 minutes or until golden brown. Allow to cool slightly before cutting into bars. When cool store in an airtight container.

Notes

Replace honey with agave syrup, or golden syrup, or molasses or even brown sugar for a VEGAN version.

Preparation time	20 min	Difficulty	Simple
Portions	1 portion	Amount	
Country/Region	Australia	Costs per portion	
Vegan	No	Lactose free	Yes
Gluten free	No		