



# Muesli bars




A healthy and filling lunchbox snack

 Serves: 28 bars

 Prep times: 10 mins

 Cook times: 35 mins

 Difficulty: Easy



## Ingredients

- 1/3 cup honey
- 2 cups rolled oats
- 1/2 cup sultanas
- 6 Weetbix (crushed)
- 1 cup orange juice
- 60g dried apricots (chopped)
- 2 egg whites

## Method

1. Combine oats, weetbix, sultanas and apricots in a bowl.
2. Place honey and orange juice in a small saucepan and bring to the boil. Reduce and simmer for 8-10 minutes or until a syrup like texture is formed.
3. Stir syrup into oats mixture and then mix in egg whites.
4. Press mixture into 18 x 28cm lined baking tray.
5. Bake in moderate oven for 20-25 minutes or until golden brown.
6. Allow to cool, then cut into bars