



## CHIA MUESLI BARS

Developed in partnership by Miele Home Economist Loughlin Hunter & Claire Saundry



### Method:

1. Pre-heat oven on Fan Plus at 180°C.
2. Place chia seeds, water, dried cranberries, dried blueberries, coconut oil, maple syrup and vanilla paste in the steam oven. Steam at 100°C for 8 minutes. Stir ingredients until mixed well. Leave to cool.
3. Add the dry ingredients – quinoa, pepitas, nuts, coconut, sesame seeds and cinnamon. Stir to bind ingredients. Add a little extra water if mixture is a little dry, if the recipe is too wet, add extra chia seeds.
4. Place into a 20cm x 30cm tin, lined with baking paper. Wet the back of a spoon to smooth out the mix and to spread it out evenly.
5. Bake in the oven for 20-30 minutes. 20 minutes will give you a chewy bar and any longer will provide a crunchier consistency.
6. Leave to cool and cut into bars.

### Ingredients:

- 1 cup chia seeds
- 1½ cups water
- ½ cup dried cranberries
- 1/3 cup dried blueberries
- ½ cup coconut oil
- ½ cup maple syrup
- 1 teaspoon vanilla paste
- 1 cup quinoa flakes
- ½ cup pepita seeds
- ½ cup chopped nuts
- 1 cup shredded coconut
- ¼ cup sesame seeds
- 1 teaspoon cinnamon

### Nutrition Information

Makes 20 serves

Nutrient	Per serve
Energy	1125 kJ
Protein	5.8 g
Fat	18 g
Carbohydrate	20.8 g
Sodium	6.1 mg
Fibre	5.5 g

### HOT TIPS

A low GI snack for sustained energy, these bars are also an excellent source of fibre. The muesli bars can be made ahead of time and kept for up to 10 days in an airtight container in the refrigerator, making them an easy pre-training fuelling snack ready to go.