

## Fruity Muesli Bar Slice

Makes about 16 bars

### Ingredients:

1 ½ Cup rolled oats

1 ½ Cup cornflakes (or smashed up Weetbix to be healthier!)

1/3 Cup coconut

80g dried apricots, diced

80g dried pears, diced (you could also use sultanas, chopped up dates and even pepitas – pumpkin seeds or choc chips)

1 x 395g Can of sweetened condense milk

¼ Cup soft brown sugar

### Method:

- Preheat oven to 180 degrees Celsius. Line 18 x 28 cm slice baking tray with greaseproof paper
- Combine oats, cornflakes (or Weetbix), coconut, and fruit in a large bowl
- Combine condensed milk and sugar in small pan over low heat to caramelise until thick and brown (be careful not to overheat and burn).
- Stir into dry ingredients and combine well.
- Press mixture into tray using back of spoon dipped in water
- Using a hot knife, score into 16 bars or fingers. If you prefer longer, bigger bars, make less fingers
- Bake in oven for 20 – 30 minutes or until firm. Cool in tray
- Cut bars to separate with a serrated knife.
- You could decorate these with melted chocolate swirls, too!
- Take on your next adventure for a terrific, tasty energy boost!

Enjoy!