Snack

Chewy Apple Date Muesli Slice

Grated apples and dates simmer down into a thick, sticky base that binds toasted natural muesli and flours into soft, chewy squares.

65 min	214	38.9 g	22.1 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 12 servings

- [ ] Olive or canola oil spray
- [ ] 2 medium apples, core removed, coarsely grated with skin on
- [ ] 1/3 cup water
- [ ] 1/4 cup margarine
- [ ] 2 cups dates, seeded
- [ ] 2 cups natural muesli
- [ ] 1/2 cup plain flour
- [ ] 1/2 cup wholemeal plain flour
- [ ] 1 teaspoon ground cinnamon

Method

- [ ] **1** Preheat the oven to 180°C, or 160°C for fan forced ovens.
- [ ] **2** Spray a slice tin, roughly 25 x 30 cm, lightly with the olive or canola oil spray.
- [ ] **3** Tip the grated apples, water, margarine and dates into a small saucepan and bring everything to the boil.
- [ ] **4** Lower the heat, cover the pan and simmer for 5 minutes, until the apple softens.
- [ ] **5** Cook with the lid off for a further 5 minutes, stirring now and then, until the mixture thickens to a paste.
- [ ] **6** While the date mixture cooks, tip the natural muesli into a large frypan and stir over low heat for 5 minutes, until lightly browned.
- [ ] **7** Sift the plain flour and wholemeal plain flour into a large bowl, tipping any husk left behind in the sieve back into the bowl.
- [ ] **8** Add the ground cinnamon and toasted natural muesli to the flours and mix to combine.
- [ ] **9** Fold the muesli mixture into the date mixture, then spoon it into the prepared tin.
- [ ] **10** Bake for 20 minutes, until firm.
- [ ] **11** Leave to cool in the tin before cutting into 32 squares.

Nutrition Facts

Per serving

Calories	**214**
Total fat	5.8 g
Saturated fat	Not listed
Sodium	14 mg
Total carbs	38.9 g
Fiber	Not listed
Total sugars	22.1 g
Protein	1.6 g

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