

Iron-Rich Muesli Bars

Makes: 16
Prep: 10 mins
Cook: 30-35 mins



Dietary: VEG, EF, NF, DF
Allergens: Wheat
Age group: 12 months+

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Iron-Rich Muesli Bars

Equipment

High-speed food processor

Ingredients

- 1 cup (20g) puffed quinoa
- ½ cup (55g) rolled oats
- ½ cup (80g) pumpkin seeds
- ½ cup (40g) shredded coconut
- 1 tsp (2g) ground cinnamon
- ½ cup (115g) dried apricots
- ¼ cup (60g) Medjool dates, pitted
- ½ cup (125ml) coconut oil, melted
- ¼ cup (60ml) maple syrup

Method

1. Preheat oven to 160°C. Line a medium-sized rectangle baking tin with baking paper.
2. Place all dry ingredients into a high-speed food processor and process until smooth.
3. Add coconut oil and maple syrup and process until well combined.
4. Press mixture into the baking tin and flatten with a spatula.
5. Place in oven and bake for approximately 30-35 mins or until it turns golden brown.
6. Allow to cool before slicing into child-appropriate fingers.

Storing Leftovers: Store in an airtight container in the fridge for up to 1 week or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a gluten-free version: Swap oats with quinoa flakes.
- ✓ **Easy ingredient swaps:** Swap maple syrup for honey. Swap coconut oil for extra virgin olive oil.
- ✓ **Steps for children:** Involve children in preparing the bars. Children can help measure ingredients and add these to the food processor.