



INCABERRIES

Incaberry muesli slice

Serves 12

Ingredients

2/3 cup honey

¼ cup brown sugar

100g salt reduced margarine

¾ cup roughly chopped Incaberries

2 ½ cups rolled oats

1 ½ teaspoons ground cinnamon

1 teaspoon ground ginger

2 tablespoons wholemeal plain flour

1 egg, lightly beaten

2 tablespoons shredded coconut

½ cup chopped mixed nuts eg. almonds, hazelnuts, walnuts

Method

Preheat oven to 160C.

Place the honey, brown sugar and margarine in a saucepan over medium low heat. Stir until brown sugar has dissolved then remove from the heat. Allow the mixture to cool slightly then transfer to a large bowl.

Add the Incaberries, rolled oats, spices, flour, egg, coconut and nuts to the bowl and stir until fully combined. Transfer the mixture to a 20 x 30cm slice tin lined with non stick baking paper and press down on the surface with a large wetted spoon to smooth the surface.

Bake slice for 25-30 minutes or until firm and golden brown. Allow to cool completely then cut into squares or bars.

Note: cover the slice with foil during cooking if it is browning too quickly.

Nutrients per slice (12 serves)

1220kJ energy, 4.5g protein, 12.3g total fat (2.6g saturated fat, 3.5g polyunsaturated fat, 5.5g monounsaturated fat), 38g carbohydrates, 24g sugars, 5g fibre, 41mg sodium