

# Dried Cranberry and Mixed Nut Muesli Bars

No. of Serves: 10



## Ingredients

- 1 1/2 cups rolled oats
- 3/4 cup nuts (almonds, walnuts, hazelnuts), roughly chopped
- 1/3 cup dried cranberries
- 1/3 cup seeds (linseed, pepitas, sunflower seeds)
- 1/3 cup desiccated coconut
- 1/3 cup wholemeal flour
- 1 egg, beaten
- 4 tbsp. reduced fat milk
- 2 tbsp. margarine
- 2 tbsp. honey
- 1 tsp. vanilla essence
- 2 tsp. cinnamon

## Nutrition Information (per serve)

Energy	1034.9kj (247 calories)
Protein	6.2g
Total Fat	15.3g
Carbohydrates	19.9g
Saturated Fat	4.2g
Sugars	9.6g
Dietary Fibre	4.2g
Sodium	57.2mg

## Method

- To see the method for the [Dried Cranberry & Mixed Nut Muesli Bars](#) and for more healthy eating ideas, please visit [Smart Eating for a Healthier You](#) on the Dietitians Association of Australia website.