

Easy Recipes for Lunchboxes

(All nut free. Almond meal has been substituted with flour in these recipes)



Apricot Oat Bars

Ingredients

- 200g chopped dried apricots
- 250ml apricot nectar or apple juice
- 2 tablespoons butter
- 2 cups rolled oats
- ½ cup desiccated coconut
- 1 cup plain flour
- 1 egg lightly beaten
- 1 cup milk

Directions

1. Preheat oven to 180°C. Prepare a brownie tin by greasing and lining with baking paper
2. Place the dried apricots, juice and butter in microwave proof dish and microwave on high for 2 minutes, mix well
3. Combine oats, coconut and flour in a medium sized mixing bowl and create a well in the centre
4. Add in the egg and the milk and mix well
5. Add in the warmed apricot and juice mixture and stir until well combined. Pour the batter and spread evenly into tin
6. Bake for 30 minutes
7. Allow to completely cool in the tin before moving to a wire rack or slicing

TIP: Bars can be frozen if needed and thaw well in the lunch box.

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