

# Easy Recipes for Lunchboxes

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



## Muesli Bars

### Ingredients

- 3 cups (350g) natural muesli - nut free
- 3 eggs
- 1 teaspoon vanilla essence
- ½ teaspoon ground cinnamon
- ¼ cup (60ml) olive oil
- ¼ cup (60ml) honey

### Directions

1. Preheat oven to 160°C.
2. Combine muesli, eggs, vanilla, cinnamon, olive oil and honey in one large bowl until completely mixed
3. Spoon into a baking tin lined with baking paper
4. Bake for 25-30 minutes until golden
5. Cool then cut into 16 pieces

TIPS: for those with egg allergies, replace with mashed banana in the recipe. These bars will keep in an airtight container for up to 5 days. Store in the fridge.

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