

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.

TIP: 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.

