

CHOC CHIP MUESLI BARS

125g butter

½ cup raw sugar

1 tablespoon honey

2¼ cups rolled oats

¼ cup sunflower kernels

¼ desiccated coconut

½ teaspoon ground cinnamon

2 tablespoons dark choc chips



Preheat oven to 160°C. Grease and line an 18 x 28cm slice tin.

Melt butter, sugar and honey in a saucepan large enough to mix all ingredients.

Remove from heat and stir in oats, sunflower kernels, coconut and cinnamon. Mix well.

Press firmly into slice tin; sprinkle with choc chips. Press choc chips into slice.

Bake for 25-30 minutes or until top is golden. Cut into squares or bars.

Adapted from: Women's Weekly All-time Favourites