

BREAKFAST BAR

Preheat oven 180 degrees C

Ingredients:

3 cups muesli or 2 cups muesli + 1 cup oats

2/3 cups self-raising gluten-free flour

2 large eggs

4 tablespoons butter

1/2 cup coconut blossom sugar

1/2 cup dried blueberries/mixed berries

BREAKFAST BARS

½ each of pumpkin-, sunflower-, sesame-, linseeds

½ cup chopped nuts

70/85% dark LINDT chocolate or dark baking chocolate/organic chocolate powder/paste

Method:

Melt butter and mix with muesli and flour. Add sugar and eggs and mix well.

Add seed, nuts and dried fruit to mixture

Grease baking pan, cover with wax paper and place mixture onto baking pan

Press out evenly with back of spoon

Bake 30 minutes or until golden brown

Sprinkle chocolate over mixture, allow to melt and spread evenly over mixture

Allow to cool

Cut into slabs/bars/squares