

Home-made Muesli Bars or Granola

Serves 2 large bars or 4 smaller bars

ingredients

1 apple, grated

1 tbsp 0% fat yogurt

1 scoop vanilla whey or a few drops vanilla extract with 2 whole eggs

75g jumbo oats

1 tbsp pumpkin seeds, ground into flour

1 tbsp mixed nuts, ground into flour

1 tbsp mixed dried fruit

1 tsp of cinnamon

1 tbsp of coconut oil

3 tbsp golden syrup or honey add more if it need more binding

method

If using yogurt and egg whites rather than whey, stir them together until the egg whites break down. Add **the** other ingredients, mix and bake.

Bind the mixture together spread thinly on a baking sheet, and cook in the top of a hot oven 190°C for 10-15 minutes to make your own crunchy snack.