

Muesli Bars

INGREDIENTS:
3 cups muesli
1/2 cup flaxseeds
3 eggs
1 tsp vanilla essence
1/2 tsp ground cinnamon
2 tbs coconut oil

MAKES 16
SERVE 1 Bar
F, NF
Grain 1/3 serve
Dairy 1/8 serve
Meat Substitute 1/8 serve

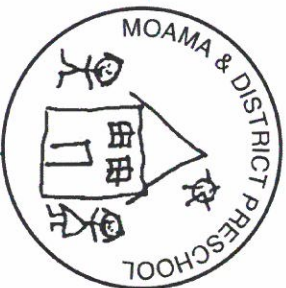
Preheat oven 160°C
Combine all ingredients in food processor
Flatten into a lined lamington tin
Bake 25-30mins
Cool and cut into 16 pieces

Coconut Bread

INGREDIENTS:
1 cup coconut flour
Zest of 1 lemon
1 cup natural yoghurt
1/4 cup honey
1/2 tsp vanilla essence
1 tsp bicarb soda

SERVES 10
F, NF, GF, EF
Grain 1/4 serve
Dairy 1/4 serve
Fruit 1/8 serve

Preheat oven 175°C
Combine all ingredients in a mixing bowl
Pour into a lined lamington tin
Bake 35mins, cover with foil and bake an extra 10mins
Cool and cut into 10 serves



Super Simple Banana Cake

INGREDIENTS
2 bananas
1 egg white
2 cups quick oats
Cinnamon (optional)

SERVES 8
F, NF
Fruit 1/4 serve
Grain 1/3 serve
Dairy 1/8 serve

Preheat oven 150°C
Mash bananas
Stir through egg white & oats
Pour into a lined loaf tin and sprinkle with cinnamon
Bake 15-25mins
Cool and cut into 8 serves

Apple, Coconut, Pear & Oat Slice

INGREDIENTS
2 cups oats
1 cup chopped dried apples
1 diced pear
1/2 cup desiccated coconut
1 tsp honey

SERVES 10
F, EF, NF
Grain 1/4 serve
Fruit 1 serve

Lightly toast the oats in a frypan over a medium heat
Place all ingredients in a food processor and blend
Press into a lamington tray & refrigerate until firm
Cut into 10 serves