

Toasted Muesli with Yoghurt and Fruit

Recipe provided by Georgia Taylor from Kindy Patch Narara

Serves 50

\$0.20* per serve



Ingredients

- 1 ½ cups oats
- 1 cup mixed seeds (e.g. sunflower and pepita seeds)
- 3 tablespoons olive oil
- 3 tablespoons maple syrup
- 1 cup finely diced mixed dried fruits (e.g. dates, cranberries and apricots)

Directions

1. Preheat the oven to 180 degrees celsius.
2. Line two baking trays with baking paper.
3. In a medium bowl, mix oats, seeds, oil and maple syrup until well combined.
4. Divide over the two baking trays.
5. Bake for 10 minutes and then mix to break up the muesli.
6. Bake for a further 10 minutes or until lightly golden.
7. Remove from the oven and allow to cool.
8. Once cool, place in a large bowl and mix dried fruit through.

To serve

Serve with yoghurt and a variety of fresh fruits for morning or afternoon tea.

Helpful hints

Where possible, allow the children to serve themselves and decide how much they want to eat of the muesli, yoghurt and fruit.

Nutrition notes

This recipe provides small amounts of the **fruit, breads & cereals** and **meat & alternatives** food groups. If served with the fresh fruit and yoghurt it would provide more of the **fruit** food group and some of the **dairy & alternatives** food group.

Iron containing foods in this recipe: oats, sunflower seeds, peptas, dried fruit.

*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost