

## Incaberry muesli slice

Serves 12

### Ingredients

2/3 cup honey

1/4 cup brown sugar

100g salt reduced margarine

3/4 cup roughly chopped Incaberries

2 1/2 cups rolled oats

1 1/2 teaspoons ground cinnamon

1 teaspoon ground ginger

2 tablespoons wholemeal plain flour

1 egg, lightly beaten

2 tablespoons shredded coconut

1/2 cup chopped mixed nuts eg. almonds, hazelnuts, walnuts

### Method

Preheat oven to 160C.

Place the honey, brown sugar and margarine in a saucepan over medium low heat. Stir until brown sugar has dissolved then remove from the heat. Allow the mixture to cool slightly then transfer to a large bowl.

Add the Incaberries, rolled oats, spices, flour, egg, coconut and nuts to the bowl and stir until fully combined. Transfer the mixture to a 20 x 30cm slice tin lined with non stick baking paper and press down on the surface with a large wetted spoon to smooth the surface.

Bake slice for 25-30 minutes or until firm and golden brown. Allow to cool completely then cut into squares or bars.

Note: cover the slice with foil during cooking if it is browning too quickly.

### Nutrients per slice (12 serves)

1220kJ energy, 4.5g protein, 12.3g total fat (2.6g saturated fat, 3.5g polyunsaturated fat, 5.5g monounsaturated fat), 38g carbohydrates, 24g sugars, 5g fibre, 41mg sodium