



Photo: Ant Jones for Cook Vegetarian! Magazine

Our fourth in a series of exclusive recipes, specially crafted for Essential by **Rose Elliot.**

Treat yourself! Indulgent yet healthy Fruity Muesli Bars

This recipe is available for you / your customers to download from www.essential-trading.coop - also available collected together in the new 'Rose Elliot Recipes' booklet - free from our website.



Fruity Muesli Bars

A delicious, light, crispy snack that provides a totally healthy way to indulge yourself.

"Puffed rice with fruits and coconut; sweetened with agave syrup.

I think rice syrup would probably also work in this recipe. The only fat in the recipe is in the sunflower and flax seeds."

Rose Elliot



Please cut carefully along the dotted line if you wish to save this recipe card.



Rose Elliot's

Fruity Muesli Bar

Makes 18

- 4 tbsp sunflower seeds
- 4 tbsp flax seeds
- 60g puffed rice
- 8 tbsp agave syrup
- ½ tsp vanilla essence
- 2 tbsp each of dried cranberries, blueberries, pineapple and desiccated coconut

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METHOD

Grind the sunflower seeds and flax seeds to a powder in a food processor or coffee grinder.

Put the puffed rice into a bowl and add the ground seeds, agave syrup, vanilla essence and dried fruits and coconut.

Mix thoroughly, then press into a 20cm (8 in) square tin that has been lined with baking parchment.

Bake in an oven preheated to 170° C for 15 minutes, or until deep golden brown and crisp.

Cool in the tin, then cut into 18 pieces.

Rose Elliot MBE is Britain's foremost vegetarian cookery writer and her books have won her popular acclaim all over the world. Rose has written over 60 vegetarian or vegan books, with sales of around three and a half million worldwide. Her titles include Simply Delicious, Not Just a Load of Old Lentils, The Bean Book, The Supreme Vegetarian, Complete Vegetarian Cookbook, Rose Elliot's Mother, Baby and Toddler Book, Vegetarian Stirring, Vegetarian Express, Fast, Fresh and Fabulous (The Vegetarian Low GI Cookbook), Vegetarian Supercook, Vegan Feasts, and Veggie Chic (Sumptuous Suppers). This recipe developed exclusively for Essential Trading - more on our website: www.essential-trading.coop