



# RECIPE IDEAS

## FRUITY FAVOURITES

### EASY MUESLI BARS

#### Ingredients

375gm Toasted Muesli Cereal (Bought or Home-made)  
3 Tbsp Honey  
200gm Yoghurt (any flavour)  
1 1/2 - 2 cups diced fresh fruit

#### Method

This recipe couldn't be easier!

Simply combine all ingredients in a large bowl, then press onto a pre-oiled Solid Sheet about 5mm thick.

Dehydrate for 20-24 hours at 55 deg C. Cover with a thin layer of yoghurt about half way through drying process.

When ready, muesli bars should be dry, but not crumbling.

Cut into any shape you like, then enjoy!