

Ingredients (Makes 16):

- 3 cups (350g) natural bircher muesli (or another muesli)
- ½ cup (50g) LSA mix – (ground linseed + almonds + sunflower seed) OPTIONAL
- 3 eggs
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon
- ¼ cup (60 ml) olive oil
- ¼ cup (60 ml) honey

Equipment

- Measuring cups + spoons
- Mixing bowl
- Wooden Spoon
- Baking tin
- Baking Paper

Involving the Children:

Kids can assist with mixing the ingredients.

Make sure they wash their hands first.

Method:

1. Pre heat oven to 180°C. Line a baking dish or tin with baking paper
2. Mix all ingredients in a large bowl. Press mixture into baking tin until surface is smooth all over
3. Bake in oven for 30 – 40 minutes or until brown. Remove from oven and allow to cool in pan
4. Cut into little squares and serve

