

Date Muesli Slice



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Serves: 24

Dietary fibre per serve: 2g

Preparation time: 10 minutes

Cook time: 50 minutes

Ingredients

- 2 medium apples, core removed, coarsely grated with skin left on
- 1/3 cup water (80mL)
- 1/4 cup margarine (50g)
- 2 cups seeded dates, chopped
- 2 cups rolled oats
- 1 cup pecans, chopped
- 1 cup wholemeal plain flour
- 1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan forced) for 10 minutes. Line slice tin with baking paper.
2. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
3. Reduce heat, cover and simmer for 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
4. While apple and date mixture is cooking, place oats in a large frypan. Stir over low heat for 5 minutes until lightly browned.
5. Sift flour into a large bowl. Return husk remaining in the sieve to the bowl.
6. Add cinnamon and oats to the flours and mix to combine. Stir into the date mixture. Gently mix in pecans.
7. Spoon into prepared tin and bake for 20 minutes until firm.
8. Cool in tin before cutting into 24 pieces.

Alternatives

- Swap dates for dried apricots, sultanas or cranberries.
- Swap apples for pears or pumpkin.
- Swap pecans for walnuts, almonds, pistachios or pepitas.

Acknowledgement goes to Cancer Council Queensland for original development of this resource.