

Miele

Chia Muesli Bars

By Miele in collaboration with Sports Dietitians Australia

12 minutes

Prep time

25-35 minutes

Cooking time

20 Servings

Serves



INGREDIENTS

- 1 cup chia seeds
- 1½ cups water
- ½ cup dried cranberries
- 1/3 cup dried blueberries
- ½ cup coconut oil
- ½ cup maple syrup
- 1 teaspoon vanilla bean paste
- 1 cup quinoa flakes
- ½ cup pepita seeds
- ½ cup chopped nuts
- 1 cup shredded coconut
- ¼ cup sesame seeds
- 1 teaspoon cinnamon

METHOD

1. Pre-heat oven on Fan Plus at 180°C.
2. Place chia seeds, water, dried cranberries, dried blueberries, coconut oil, maple syrup and vanilla bean paste in a solid steam tray and cover. Steam at 100°C for 8 minutes.
3. Stir ingredients until mixed well. Leave to cool.
4. Add the dry ingredients –quinoa, pepitas, nuts, coconut, sesame seeds and cinnamon.
5. Stir to bind ingredients. Add a little extra water if mixture is a little dry, if the recipe is too wet, add extra chia seeds.
6. Place into a 20cm x 30cm tin, lined with baking paper. Wet the back of a spoon to smooth out the mix and to spread it out evenly.
7. Bake in the oven for 25-35 minutes. 25 minutes will give you a chewy bar and any longer will provide a crunchier consistency.
8. Leave to cool and cut into bars.