

BREAKFAST RECIPES



Brekky Bars-



Ingredients:

- 3/4 cup self raising flour
- 1 cup shredded coconut
- 1/2 cup firmly packed brown sugar
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/3 cup sultanas
- 1/3 cup chopped dried apricots
- 3/4 cup milk (reduced fat)
- 1 egg



Method:

1. Preheat oven to 180°C. Grease a 3cm deep, 17cm x 27 cm slice pan. Line with baking paper, allowing for a 2cm overhang at long ends
2. Combine flour, coconut, sugar, pumpkin seeds, sunflower seeds, sultanas and apricot in a bowl. Add flour to the mixture. Mix to combine
3. Spoon mixture into prepared pan. Smooth top. Bake for 25 to 30 minutes. Turn out onto a wire rack and cool completely. Cut into 18 pieces and serve

Alternative:

- Add pumpkin seeds & sunflower seeds
- Add sliced almonds
- Add chopped dried apricots or other dried fruits
- Serve with fresh fruit

