



Traffic light category: **Amber**

Serves: 26 bars

## Ingredients

- 1 cup plain flour
- 1 teaspoon baking powder
- 4 Weet-Bix™, crushed
- ½ cup rolled oats
- ½ cup Maple syrup
- 3 cups chopped dried fruit such as cranberries, dates, currants
- 2 eggs
- 1 cup reduced fat milk
- 4 tablespoons olive oil

## Method

1. Pre-heat oven to 170°C. Line a 20cm x 30cm lamington tin with baking paper
2. Combine flour, baking powder, Weet-Bix, oats, and fruit mix in a medium bowl
3. Mix oil and honey and microwave for 30 seconds until combined.
4. Mix egg, milk, margarine and honey in a jug, then mix in hot honey mix. Then combine with dry ingredients
5. Press into prepared tin and bake for 25-30 minutes
6. Cool, then cut into bars.

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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