

# Fresh for Kids® Sticky date muesli bars



## Sticky date muesli bars

**Preparation:** about 15 minutes

**Cooking:** about 35 minutes

**Makes:** 12 pieces

¼ cup brown sugar

½ cup honey

1 tsp vanilla extract

60g butter

1½ cups rolled oats

1 cup rice bubbles

⅓ cup shredded coconut

350g chopped fresh dates

1. Preheat oven to 180°C. Grease and line the base and sides of a 19cm x 29cm slice pan with baking paper.
2. Combine brown sugar, honey, vanilla and butter in a medium saucepan over medium heat. Cook, stirring occasionally, until butter melts and sugar dissolves. Bring to the boil, reduce heat and simmer for 2 minutes or until slightly thickened. Remove from heat.
3. Combine oats, rice bubbles, coconut and dates in a large bowl. Pour over the melted butter mixture and stir until combined. Spoon into prepared pan and smooth top. Bake for 30 minutes or until golden and crisp. Cool in pan. Cut into rectangles and serve.

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### Dates

- A good source of dietary fibre which is important to keep the intestine functioning well.
- Fresh dates are a source of vitamin C, one of the vitamins that help the body protect itself against infection.
- Provides potassium which helps balance the adverse effects of the sodium from excess salt in the diet.