

## Healthy Honey Muesli Bars

Makes about 18 or more depending on how big you cut them: bite-size or bar-size! Pippa had these at her Book Launch!

### Ingredients:

¼ cup toasted sesame seeds (Get an adult to help you toast these in the oven on a baking tray or in a small saucepan on the stove top. Watch them, they burn quickly!)

1 cup toasted muesli (or untoasted if you prefer)

3 cups rice bubbles

½ cup coconut

¼ sunflower seed kernels

125 g butter

1/3 cup honey

1/3 cup peanut butter (smooth or crunchy)

½ cup raw sugar

### Method:

- Grease a 19 cm x 29 cm lamington pan.
- Combine dry ingredients: muesli, rice bubbles, coconut and seeds in a bowl.
- Combining butter, honey, peanut butter and sugar in a small saucepan over medium heat without boiling, stirring until butter melts and sugar dissolves.
- Bring to boil, then reduce heat and simmer uncovered without stirring for 5 minutes.
- Stir into dry ingredients.
- Press into greased lamington pan and refrigerate until set before cutting into desired bars.

These look good enough for a pigeon to eat but taste peanut-buttery good! Enjoy! Will keep in covered air-tight contain for 1 week.