

HOMEMADE AUSSIE BITES

(The delicious & healthy muffins you had on April 5th)

*A food processor is required

Ingredients & Process:

1 3/4 c rolled oats. Pulverize into flour in food processor

Then ADD to food processor:

1/4 cup granulated sugar

1/4 cup dried apricots

1/4 cup raisins

1/4 cup ground flaxseed

1/4 cup sunflower seeds

1/4 cup unsweetened shredded coconut

1/4 cup cooked Quinoa [do this first**]

2 Tb chia seeds

1/4 tsp baking soda

PULSE until apricots and raisins are small bits

ADD

1/4 cup honey

1/4 cup unsalted butter (melted or use coconut oil if you like the coconut taste)

1/4 cup canola oil

1/2 tsp vanilla extract

PULSE until just combined.

Then

Divide batter among prepared muffin tin

(small muffins are preferable if possible)

Bake in oven preheated to 350 degrees for 10-12 minutes until golden brown

Remove pan from oven, cool on rack until completely cooled, Then remove from pan & store in airtight container for 4-5 days.

With our thanks to Jackie Beavers