

Berry De-Light Muesli Slice

Ingredients

90g butter/dairy free spread, softened but not melted
 6 tablespoons brown sugar
 1 large egg
 1/2 teaspoon vanilla essence
 1 tablespoon chia seed + 4 tbsp boiling water
 3/4 cup gluten free all-purpose flour
 1/4 teaspoon cinnamon
 1/2 teaspoon gluten free baking powder
 1 cup Healthieries Gluten Free Berry De-Light Cereal
 1 cup gluten free rice pops
 1/4 cup pumpkin seeds, chopped
 1/2 cup freeze dried raspberries, chopped

Method

1. Preheat the oven to 180°C bake function. Line a 22cm by 18cm baking tin with baking paper. It's also okay if you want to use a 20cm x 20cm square tin.
2. Place the softened butter (do not melt it) and brown sugar into a large bowl and whisk together until creamy. Then whisk through the egg and vanilla.
3. Place the chia seeds in a cup and pour over the boiling water. Allow to sit for 1 -2 minutes until they turn into a gel. Then stir and whisk through wet ingredients.
4. In a separate bowl mix together the flour, cinnamon and baking powder.
5. Add the dry ingredients to the wet ingredients and mix until thick. Then fold through the cereal, rice pops, pumpkin seeds and raspberries until well combined.
6. Scoop the mixture into the baking tray and smooth the top with a knife.
7. Place in the oven for 25 minutes, then check and continue cooking for another 5 to 10 minutes until the top is golden.
8. Allow to cool before slicing into 8 pieces. Then store in an airtight container for up to 4 days.



Recipe provided by Coeliac
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