

SAUNDERS' MALT EXTRACT



Preparation

10
MINS

Bake Time

45
MINS

Serves

16

Difficulty

EASY

MALT-TOASTED MUESLI

There's nothing quite as satisfying as digging into a bowl of muesli you made yourself, and this malt creation is no exception.

INGREDIENTS

- 3 cups (270g) rolled oats
- 1/2 cup (35g) wheat bran cereal
- 1/2 cup (70g) slivered almonds
- 1/2 cup (70g) hazelnuts, roughly chopped
- 1/2 cup (25g) flaked or shredded coconut
- 1/2 cup (45g) sesame seeds
- 1/4 cup (45g) chia seeds
- 1 tablespoon ground cinnamon
- 1/3 cup (115g) Saunders' Malt Extract
- 2 tablespoons grapeseed oil
- 1/2 cup (70g) seeded dried dates, chopped
- 1/2 cup (75g) dried apricots, roughly chopped
- 1/4 cup (35g) dried cranberries

METHOD

- 1** Preheat the oven to 140°C (120°C fan-forced) and line 2 oven trays with baking paper.
- 2** Combine the oats, bran, nuts, coconut, seeds and cinnamon in a large bowl. Add the Saunders' Malt Extract and oil and mix until well combined.
- 3** Spread the mixture over the prepared trays. Bake for about 45 minutes, stirring gently after 30 minutes, until just starting to brown. The muesli will crisp on cooling. Cool on trays. Stir in the dried fruit.
- 4** Store in an airtight container for 2-3 weeks.

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