The simplest way

...to make Australia’s Biggest Morning Tea healthy!

Ingredients
Olive or canola oil spray
2 medium apples, skin on, core removed, grated
1/3 cup water
1/4 cup margarine
2 cups dates, seeded
2 cups natural muesli
1/2 cup plain flour
1/2 cup wholemeal plain flour
1 tsp ground cinnamon

Method
Preheat oven to 180°C (160°C fan forced) | Lightly spray a slice tin (approx 25x30cm) with oil | Add apple, water, margarine and dates to a small saucepan and bring to the boil | Reduce heat, cover and simmer for a further 5 minutes until the apple is soft | Cook uncovered for a further 5 minutes and stir occasionally until mixture thicken to a paste-like consistency | Meantime, place muesli in a large fry pan. Stir over low heat until lightly browned | Sift flours into a large bowl, returning husk remaining in the sieve to the bowl | Add cinnamon and muesli to the flours and mix to combine | Stir into the date mixture then spoon into prepared tin | Bake for 20 minutes until firm | Cool in tin before cutting.

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