

3 Easy Muesli Bar Recipes



Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

I recently asked mum's about what packaged foods they commonly include in lunch boxes. By far the most common response was the muesli bar. I can totally get that - they are convenient, you can buy them in boxes of 4 or more and the kids love them (of course they do, the sugar content is designed to make them addictive - it's classic Mad Food Science in action!).

Now I'm on a mission to share with you simple recipes to help replace the packaged muesli bar. Recipes that make lots of 'bars' (more than you can get in a box) that taste great and aren't laced with lots of sugar and other additives or preservatives.

Chewy Banana Muesli Bar

Dairy, egg and refined sugar free. This one has a great mix of carbohydrates, proteins and fats, so will give energy and keep your child fuller for longer.

Visit <http://rootcau.se/lb> for the recipe.

Oat Muesli Slice

This is a great introduction muesli bar. Very easy to make, still uses refined sugar and it's always a hit even with Dads!

Visit <http://rootcau.se/lc> for the recipe.



Chewy Banana Muesli Bar

Granola Bars Basic Recipe

This is a recipe from a great site called Super Healthy Kids. It's got a bit too much sugar for my own families tastes, but I'm sharing for those who are just venturing into replacing the packaged muesli bar. Visit <http://www.superhealthykids.com/granolabars.html>

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at therootcause.com.au.

