

# Breakfast Muesli Bars

## Ingredients

200g butter  
5 tblspns golden syrup  
5 cups of muesli (any variety works)  
1 1/2 cups plain flour  
1 tblspn baking powder  
1/4 cup boiling water



## Method

Preheat the oven to 180 deg c.  
Grease a 33cm x 24cm tin.  
Melt the butter and golden syrup together in a saucepan.  
Combine the muesli, flour and sugar in a large bowl.  
Dissolve the baking powder in the boiling water and add to the butter and syrup.  
Pour the liquid into the dry muesli mixture and mix thoroughly.  
Using wet hands press into the tin and roll flat to compress.  
Bake for 12 mins or until golden and firm.  
Cool in the tin before slicing.

Makes 18 large bars.

**Mardi Says** I would love to give the author credit for this recipe but Ive hadit for so long I cant remember where it came from...lol