



Bridget's Nut Bar

This is an adaptation of a recipe from "My Kids Lick the Bowl"

Ingredients

1 tin Highlander Lite Condensed Milk
2 tsp Psyllium Husk
1 cup Rice Bubbles
1 & ½ cup Rolled Oats
½ cup Sunflower Seeds
1 cup Pumpkin Seeds
1 cup Natural Sliced Almonds
4 Tbsp Flaxseeds

Directions

Pre-heat oven to 160C

Line a slice tin with baking paper.

Combine all ingredients together well in a bowl - there should be a bit of condensed milk on everything, no dry ingredients.

Empty all ingredients into the lined tin and compact it down, pressing firmly into the corners too.

Bake for 22 mins, turning the tin half way through.

Once baked, should be a nice golden colour. Leave to cool in pan.

You will need a sharp knife to slice into pieces. I slice mine into 24 bars...but they could be cut smaller or into squares.

	Protein	Fat	Carbs	Sugars	Sodium	Fibre
per serving - 24 bars	6.36	7.80	16.50	10.97	24.24	1.49

