

## Toasted muesli for topping

- Makes about 5 toppings



### Equipment



### Ingredients



¼ cup wholemeal flour  
(can be self raising)



¼ cup quick oats



1 breakfast wheat  
biscuit



1 teaspoon of oil



1 tablespoons sugar



1 teaspoon of  
desiccated coconut

### Preparation



1

Preheat  
oven to  
180  
degrees



2 Crush 1 Wheat  
biscuit



3 Add wholemeal  
flour



4 Add quick oats



5 Add sugar



6 Add desiccated  
coconut (optional)



7 Mix



8 Add oil



9 Rub in oil



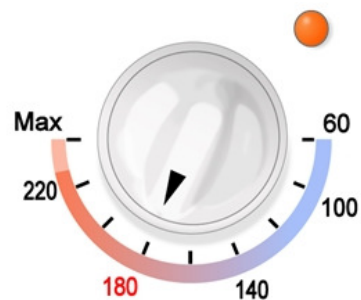
10 This is what the  
mixture should  
look like



## Toasting



11 Spread mixture on baking tray



Place in moderately hot oven  
(180 degrees)  
Cook for 10 minutes or less



13 You will smell when the mixture is nearly ready. Mix with a spatula then spread mixture out before roasting for about another 5 minutes

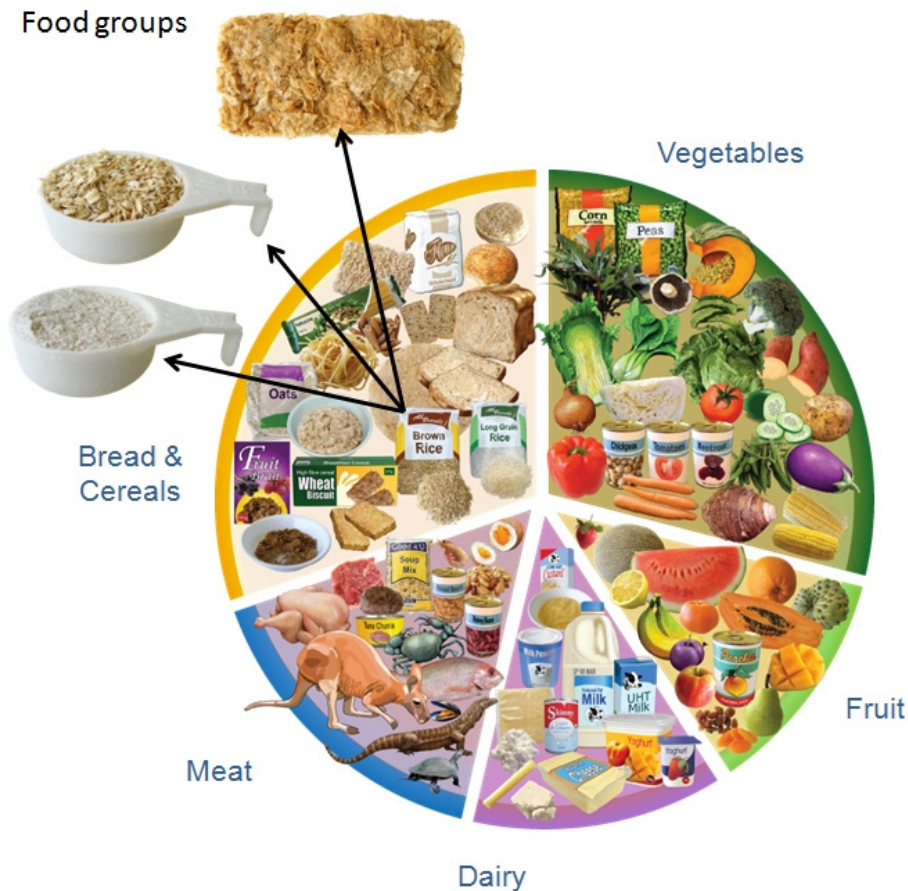


14 Let the toasted muesli cool



15 Use the toasted muesli to top a yogurt and fresh fruit cup

## Food groups



Serves in 1 tray of topping



Mixture makes 3 serves of cereals

## Health Professional Facilitator Information

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### Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### Target group:

This resource is designed to be used by Australians of all ages.

### Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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## Acknowledgements

### Partnership

This resource was developed for Chronic Disease Resources Online (CDRO) in partnership with Apunipima Cape York Health Council originally as support material for the Need for Food - Cape York Style.

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### Acknowledgements:

#### Development :

John Austin (CDRO) – Instructional Designer and Artist

Cara Polson,( Community Nutritionist) - Project Officer Need for Food - Cape York Style.

Judith Aliakbari,(Team Leader Nutrition)

#### Delivery Facilitation in Cape York during the trial period:

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#### Need for Food - Cape York Style program

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#### Other support:

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The beautiful people in Cape York Communities.

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