

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



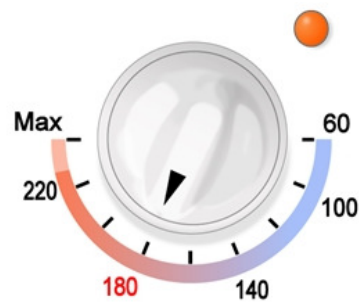
10 This is what the
mixture should
look like

Toasting



11

Spread mixture on baking tray



Place in moderately hot oven
(180 degrees)

Cook for 10 minutes or less

12



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

Good food plate



Serves in 1 tray of topping



Mixture contains 3 serves of cereals

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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