



Jaffa Orange and Almond Muesli Bakes

MAKES

6

TIME

40

MINUTES

LEVEL

Medium

CALORIES

380

PER PORTION

Our step-by-step guide

Step 1

Place rack in centre of oven and preheat to 180°C

Step 2

Line an 8-inch square baking tin with parchment paper or foil. Coat with cooking spray

Step 3

Mix the oats, wheat flour, almonds, coconut and flax seeds, and spread across an ungreased baking sheet

Step 4

Toast in the oven for 10 to 15 minutes until lightly browned and fragrant, stirring once half-way through

Step 5

Remove from oven and transfer to a large mixing bowl. Reduce oven temperature to 160°C

Step 6

Juice one of the Jaffa Juicy Oranges and zest the remaining one

Step 7

In a small saucepan over medium heat, heat the Jaffa Juicy Orange juice. Stir occasionally until reduced by around half (roughly 5 minutes). Reduce heat to low

Step 8

Stir in the almond butter, Jaffa Juicy Orange zest, honey, vanilla, ginger, and salt, heating and stirring until smooth

Step 9

Pour over the oat mixture. Fold until slightly incorporated

Step 10

Add the beaten egg and continue to mix until the oats are evenly moistened. Fold in the golden raisins

Step 11

Press mixture into the prepared pan and bake for 25-30 minutes until fragrant and lightly golden. Leave to cool in the tin for 10 minutes. Using parchment paper, lift from the tin and transfer to a wire rack to cool completely (at least 1 hour.) Slice and serve.

Step 12

Enjoy!

You will need

2 x Jaffa Juicy Oranges

1 x Large Egg

2 x TBSP Flax Seeds

1/2 x TSP Pure Vanilla Extract

1/4 x TSP Ground Ginger

1/4 x TSP Salt

215g Rolled Oats

170g Honey

113g Natural Almond Butter

64g Golden Raisins

43g Wheat Flour

28g Unsalted Almonds

21g Unsweetened Coconut



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