FOOD & COOKING
WITH CHEF ROSS

Muesli Bars



Makes: 10 bars | Baking: 15–20 minutes | Cooling/chilling: About 50 minutes

What you need

Ingredients



- 1 cup almonds, roughly chopped
- ½ cup macadamia nuts or pecans, roughly chopped
- ½ cup shredded coconut
- ½ cup dried blueberries
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ¼ cup sesame seeds
- ¼ cup chia seeds
- 1 tablespoon orange or lemon zest
- ½ cup maple syrup
- 3 tablespoons coconut oil, melted

Equipment



- Baking tin 35 × 25 × 2.5 cm
- Baking paper
- Large mixing bowl and wooden spoon
- Measuring cups and spoons
- Knife and chopping board
- Fan-forced oven and oven mitts

Let’s make it



1. Heat and line tin

Heat oven to 180°C fan-forced.
Line the tin with baking paper.

Muesli Bars



2. Mix dry ingredients

Put chopped nuts, coconut, blueberries, seeds and citrus zest in a large bowl.

Mix well.



3. Coat and spread

Stir in maple syrup and melted coconut oil.

Mix until coated.

Put into tin.

Level with back of wooden spoon.



4. Bake until golden

Bake 15–20 minutes until golden brown.

Use oven mitts to take out tin.



5. Cool and chill

Cool in tin for 20 minutes.

Use baking paper to lift slab out.

Refrigerate about 30 minutes to firm up.



6. Cut and wrap

Cut into 10 bars.

Wrap each in baking paper and tie with string if desired to stop pieces sticking.

Serving and storage

- Store wrapped bars in a covered container in the fridge below 5°C.
- Contains tree nuts and sesame.
- Check all packaged ingredient labels.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.