



ORANGE ALMOND MUESLI BAKES

Makes

6

Time

40
mins

Level

MEDIUM

Kcal

380
per portion

You will need

2 x Jaffa 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
43g Wheat Flour
28g Unsalted Almonds
21g Unsweetened Coconut
170g Honey
64g Golden Raisins
113g Natural Almond Butter

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 oranges and zest the remaining one
- Step 7**
In a small saucepan over medium heat, heat the Jaffa orange juice. Stir occasionally until reduced by around half (roughly 5 minutes). Reduce heat to low
- Step 8**
Stir in the almond butter, 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 and enjoy!

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