

# Homemade Aussie Bites

Yields: 24 servings

Preparation Time: 20 minutes

Cook time: 10 minutes

## Ingredients:

2 cups oat flour  
2/3 cup flaked oats  
½ cup freshly ground flax seed  
2 tbsp sunflower seeds  
4 tbsp shredded coconut  
2 tsp chia seeds  
2 tsp raw quinoa  
½ tsp baking soda  
Pinch of sea salt  
1 cup currants or minced dried fruit  
½ cup softened butter  
½ cup honey  
1 egg  
4 tsp vanilla



## Procedure:

Preheat oven to 350 degrees. Grease a mini muffin tin.

Combine dry ingredients. Add dried fruit, butter, honey, vanilla and egg. Mix together thoroughly.

Texture should resemble cookie dough.

Place in muffin tins, press down slightly and bake for 10 minutes or until lightly golden. These freeze well too!

(Recipe adapted from [www.thepioneerwoman.com](http://www.thepioneerwoman.com))