

Summer Oats



Ingredients We Used In The Making Of Our Bar

Crystallized Fruit Chunks — Melon, Pineapple, mango



Crystallized Fruit Chunks along with cranberries



Puffed Millet



Whole Flaxseeds



Spelt Flour



All of our ingredients mixed together



Packaging of Our Bar

We decided to incorporate symbols of Cleopatra and the pyramids, using a gold/brown colour scheme in the packaging for our bars to represent the 'ancient grains' aspect. This is a conceptual design, as we are not able to produce this packaging for our final product.



Information On Ingredients

Crystallized Fruit Chunks: Melon, Pineapple, Melon

The process of crystallizing fruits is a way of preserving them in order to use them in multiple ways over a period of time and also helps with storage.

Natural Fruit Chunks:

Cranberries: Cranberries have many health benefits such as helping to fight heart disease, fights urinary tract infections, and helps prevent cancer cells from multiplying

Ancient Grains:

Puffed Millet: Millet is a cereal grown in warm countries of the world. It is a smart carbohydrate with high fibre and low sugar. It acts as a prebiotic and contains magnesium and niacin.

Flaxseeds: Flaxseeds is a fibre crop that originates from many regions in the middle east. Flaxseeds are considered the 'world's healthiest food'. Benefits of flaxseeds are high omega 3 fatty acids, vitamin B1 and copper.

Spelt Flour: Spelt is a species of wheat made in Europe. Benefits consist of; soluble & insoluble fibre, vitamin B2, niacin and fatty acids (amino acids).

Oil:

Rice Bran Oil: Rice bran oil is made in Thailand from the bran and germ of rice. It also contains vitamin E, which is an antioxidant that protects the fats in your body. It helps with bone maintenance and cholesterol reduction.

Final Recipe—Summer Oats

Ingredients:

- 165g clarified butter
- 1T rice bran oil
- 1/4 flour
- 1/4 cup spelt flour
- 1 1/4 cups rolled oats
- 2/3 cup coconut
- 1/3 cup brown sugar
- 2/3 cup fruit chunks—mango, melon, pineapple, cranberries
- 1/4 cup flaxseed
- 1/4 cup puffed millet
- 2 tablespoons apple sauce

Method:

1. Preheat oven to 180°C
2. In a large bowl, sift flours together and mix well
3. Add sugar, rolled oats, coconut, fruit chunks, puffed millet and flaxseeds. Make a well in the centre
4. Melt butter in 10 second bursts. Add butter, rice bran oil and apple sauce
5. Stir with a wooden spoon until well combined
6. Compress the mixture firmly into the tray
7. Bake for 20 minutes or until golden brown

- Final Product -



Market Research — Mother Earth

Mother Earth's Philosophy is:

"We make delicious, wholesome food.

It's no secret how we do it either - great tasting ingredients and minimal processing.

That's the Mother Earth way."



Mother Earth is our mentor for this competition. They kindly invited us to have a tour of their factory where they manufacture the muesli bars that are sold on our supermarket shelves. During our tour we were able to get a thorough understanding of how each bar was made and the different stages the bars took to complete the final product. This helped benefit our understanding of muesli bar manufacturing and furthered our knowledge on how to create a healthy muesli bar for ourselves.

Mother Earth have a variety of different products on the market, some of which include; Roasted and Natural Nut bars, Deluxe Mix Nut bars, Brekkie on the go bars, Snack Nut bars, the Original Baked Oaty Slice, Kiwi Classic bars, Baked Oat Singles, Multigrain Cereal bars, Pingos and Fruit Stick bars.

Nutritional Panel

Summer Oats

Total ingredient (raw) weight: 668.00 g

Total (cooked) weight: 668.00 g

weight change: 0.00%

Nutrition Information

Servings per package: 6.00g

Serving Size: 35.00g

	Per serving	Per 100g
Energy	753 kJ	2150 kJ
Protein	2.0 g	5.9 g
Fat, total	12.8 g	36.7 g
- saturated	7.6 g	21.6 g
Carbohydrate	12.9 g	37.0 g
- sugars	7.5 g	21.3 g
Sodium	10 mg	29 mg

Survey Exemplar

Name:

Form Class:

Muesli Bars

1. What do you like about muesli bars (taste wise)?
2. Do you prefer muesli bars with fruit chunks in them to those that don't?
3. Does it matter to you if there is chocolate in/on your muesli bar if it still sweet without it?
4. Please circle which flavour you like best for a new muesli bar:
 - A) Summer Fruits (eg. Apricot, cherries, peach, nectarine, apple)
 - B) Citrus Fruits (eg. Lemon, lime, orange, tangelo, grapefruit)
 - C) Tropical Fruits (eg. Mango, pomegranate, pineapple, banana, melon)
 - D) Savoury (eg. Onion, bacon, cheese, spring onion, parsley)
5. Which of the above flavour would best go with oats?
 - A) Summer Fruits
 - B) Citrus
 - C) Tropical Savoury

Summary of Our Surveys

Together we made a survey that we handed out to 5 classes, one per year level. Our survey consisted of questions such as, personal and flavour taste preference, as stated above. Last week we gathered together and looked at our now completed surveys. Summer Fruits was the most popular choice, tropical coming in second. Fruit bits in a muesli bar did not prove unpopular, but it was often commented as 'not mattering' so we feel we can use fruit bits in our muesli bar without it being a major concern. Chocolate in muesli bars was very popular, but we decided we should try and have a minimal amount or none at all to enhance the nutritional properties.