Ingredients We Used In The Making Of Our Bar
Crystallized Fruit Chunks — Melon, Pineapple, Mango

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 packing for our final product.

Information On Ingredients
Crystallized Fruit Chunks: Melon, Pineapple, Mango

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:
Crystallized Fruit Chunks: Melon, Pineapple, Mango

Ancient Grains:
Puffed Millet: Millet is a cereal grown in warm countries of the world. It is a smar 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. Benficial consist of; soluble & insoluble fibre, vitamin B6, niacin and faddy acids (aminoc acids).

Oils:
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.

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 a second bowl. 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

Ingredients for 1kg:
65% clarified butter
10% rice bran oil
1% flour
1/4 cup spelt flour
1/4 cup puffed millet
1/4 cup brown sugar
4 cups fruit chunks—mango, melon, pineapple, cranberries
1/4 cup flaxseeds
2 tablespoons apple sauce

Survey Exemplar
Name:                                                      Form Class:

1. What do you like about muesli bars (taste wise)?
   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)

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
   B) Citrus
   C) Tropical
   D) Savoury

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 there 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, Baked Oats on the go bars, Snack Nut bars, the Original Baked Oaty Slice, Xini Classic Bars, Baked Oat Singles, Multigrain Cereal Bars, Pingos and Fruit Stick bars.

Nutritional Panel

Survey 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 survey. 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.