



Energy Slice

(Adapted from We Love Food by Kirsty Manning-Wilcox and Peta Heine)

Amanda Blair (Australia)

INGREDIENTS

150g butter
1 tablespoon honey
1 cup rolled oats
1 cup sultanas
1 cup wholemeal self-raising flour
½ cup raw or soft brown sugar
½ cup desiccated coconut
I add few of the following:
Pumpkin seeds
Sunflower seeds
Sesame seeds
Dried apricots
Craisins (aka cranberries)

METHOD

Preheat oven to 180 C. Grease a 16x26cm slice tin. Melt the butter and honey in a saucepan over low heat for 2-3 minutes. Combine the remaining ingredients in a large bowl. Pour the butter and honey mixture into the oat mixture and mix well. Spread evenly over the base of a prepared slice tin. Bake for 30 minutes or until the surface is evenly brown.

Cool in the tin, then cut into 3 centimetre squares. Keep slices in an airtight container for up to 1 week or freeze in individual portions for up to 1 month.