

Snack Time Slice

Serves: 12

Prep time: 10 minutes

Cook time: 20-30 minutes



1 serve per portion

Ingredients

- ½ cup sultanas, roughly chopped
- ½ cup dates, roughly chopped
- 1 cup dried apricots, roughly chopped
- 1 cup unsalted peanuts, crushed
- ½ cup oats
- ½ cup dessicated coconut
- 2 eggs
- ½ cup olive oil spread, melted
- ½ cup diced apple
- 1 orange, juiced
- 1 cup wholemeal self-raising flour

Method

- PREHEAT oven to 180°C and line a slice tin with baking paper.
- ADD dried fruit, nuts, oats, and coconut to a medium sized bowl.
- ADD the egg, melted olive oil spread, diced apple and orange juice and mix to combine.
- ADD the flour and keep mixing until a still dough-like mixture forms.
- BAKE in oven for 20-30 minutes or until golden brown.
- COOL and cut into 12 pieces. Store in an air-tight container.



Discretionary Food

Recipe courtesy of Arlene Roberts, Mount Morgan Branch