

## Chewy Date, Fig and Ginger Slice

**Serves:** 12

**Prep time:** 10 minutes

**Cook time:** 20 minutes



½ serve per portion

### Ingredients

2 cups dates, chopped  
2 teaspoons ginger spice  
2 cups reduced fat milk  
1 cup wholemeal flour, self raising  
⅓ cup cornflour  
⅔ cup rolled oats  
½ cup dark brown sugar  
1 ⅔ cups desiccated coconut  
½ cup dried figs, chopped  
¼ cup walnuts, chopped

### Method

PREHEAT oven to 180°C and line a slice tin with baking paper.

SOFTEN the dates and ginger spice in milk. Warm in microwave for 3 minutes.

PLACE the flours, oats, brown sugar, coconut, dried figs and walnuts in a large bowl.

ADD the softened dates to the dry ingredients, mix well and pour into prepared tin.

BAKE for 20 minutes then cut into squares once cooled.



Discretionary Food

*Recipe Courtesy of Noela Anderson, Rosslea Branch*