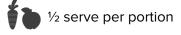
Chewy Date, Fig and Ginger Slice

Serves: 12 Prep time: 10 minutes Cook time: 20 minutes



Ingredients

2 cups dates, chopped
2 teaspoons ginger spice
2 cups reduced fat milk
1 cup wholemeal flour, self raising
¹/₃ cup cornflour
²/₃ cup rolled oats
¹/₂ cup dark brown sugar
1 ²/₃ cups desiccated coconut
¹/₂ cup dried figs, chopped
¹/₄ 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.

Recipe Courtesy of Noela Anderson, Rosslea Branch

