

Fruity Yoghurt Slice

Serves: 10

Prep time: 20 minutes

Cook time: 40 minutes



1 serve per portion

Ingredients

1 cup dried apricots, chopped

1 cup sultanas

1 cup shredded coconut

½ cup self-raising flour

½ cup wholemeal self-raising flour

¼ cup brown sugar

250g plain yoghurt,

Splash of milk, reduced fat, if required

Method

PREHEAT oven to 180°C. Line a slice pan with baking paper.

COMBINE apricots, sultanas, coconut, both flours and sugar in a large bowl.

ADD yoghurt and mix until mixture holds well together. If it's too dry, add a splash of milk.

SPREAD mixture evenly into a slice pan.

BAKE for 30-40 minutes or until a skewer comes out clean.



Discretionary Food

Recipe courtesy of Lorna Warburton, Kallangur Branch