

Sultana and Apricot Slice

Serves: 16

Prep time: 25 minutes

Cook time: 20-30 minutes

 ½ serve per portion

Ingredients

125g olive oil spread
2 tablespoons golden syrup
1 cup desiccated coconut
¼ cup caster sugar
1 cup self-raising flour
½ cup rolled oats
150g sultanas
100g dried apricots
2 eggs, lightly beaten
3 tablespoons sunflower seeds

Method

PREHEAT oven to 180°C. Line a 20x20cm slice tray with baking paper.

ADD olive oil spread and golden syrup to a small saucepan over low heat and stir until just melted. Set aside.

COMBINE coconut, sugar, flour, oats, sultanas and apricots in a large mixing bowl.

ADD the golden syrup mixture and the eggs to the bowl and stir until well combined.

POUR the mixture into the slice tray and bake in the middle rack of the oven for 20-30 minutes, or until golden.

COOL the slice and then cut into squares. The slice can be stored for 3-4 days in an airtight container.



Discretionary Food

Recipe courtesy of Patricia Cranney, Maleny Branch