

Terry's Fruit and Seed Slice

Serves: 10

Prep time: 15 minutes

Cook time: 25 minutes

 ½ serve per portion

Ingredients

3 tablespoons olive oil spread

½ cup golden syrup

¾ cup pepitas

¾ cup sunflower seeds

2 tablespoons sesame seeds

1 Weet-Bix, crushed

½ cup rolled oats

½ cup flour, self raising

¾ cup dried cranberries

½ cup dried apricots



Discretionary Food

Method

PREHEAT oven to 170°C and line a slice tin with baking paper.

MELT olive oil spread and golden syrup together in a small saucepan on medium heat.

COMBINE other ingredients in a large bowl, then add the melted ingredients in and stir well.

POUR into the prepared baking tray and cook for 25 minutes or until golden.

Recipe courtesy of Terry Rowan, Maleny Branch