

WHOLESOME OAT SLICE

Wheat-free Dairy-free

A quick and easy treat that is also high in fibre.

Ingredients:

- 1 cup rolled oats
- 1 cup brown rice flour
- ½ cup brown sugar
- ¾ cup shredded coconut
- ½ cup almond meal
- 125 grams unsalted butter (or dairy free equivalent)
- 2 tablespoons golden syrup
- 1 teaspoon bi-carb soda
- 3-4 tablespoons boiling water

Method:

Preheat oven to 150°C. Line a square or rectangular tin.

Mix oats, flour, sugar, coconut and almond meal together thoroughly.

In a saucepan, melt butter and golden syrup until combined.

Make a well in the dry ingredients and stir in butter and golden syrup liquid.

Press mixture into prepared cake tin.

Bake for 17-20 minutes or until golden brown on top.

Allow to cool in tin, then slice into squares.