Oat Slice

Recipe #2890

Submitted by: Munofthree

Preparation time: 15 minutes or less

Ingredients

1 cup oats
1 cup sultanas(optional)
½ cup sugar
½ cup self-raising flour
½ cup coconut
40 g margarine
2 tablespoons honey

Method

1. Melt margarine and honey together in saucepan.
2. Mix dry ingredients in a bowl then add melted margarine and honey.
3. Mix well and spread in a lamington tray.
4. Bake in at 180°C for 10-15 minutes.
5. Cut into squares or bars while still warm.

Recipe notes

Can add other cereal such as All Bran instead of sultanas. Great for the lunchbox. The original recipe asked for around 140 g of margarine - this does work better but I cut it down to slightly lower fat content.