

TASTE WITHOUT WASTE

ANZAC Slice

Makes one 18x28cm slab

Ingredients

1 cup rolled oats

1 cup whole-wheat flour

$\frac{3}{4}$ cup loosely packed brown sugar

$\frac{1}{2}$ cup dessicated coconut

125g butter, broken into chunks

2 tbsp golden syrup

1 tbsp water

$\frac{1}{2}$ tsp bicarbonate of soda

Optional add ins: $\frac{1}{2}$ cup dark chocolate bits OR $\frac{1}{2}$ cup chopped dried apricots

Method

Preheat the oven to 165C. Grease and line an 18x28cm baking pan with baking paper. Place the oats, flour, brown sugar and coconut in a large bowl and whisk well to combine.

Set a small saucepan over medium heat and add the butter, golden syrup and water. Stir the mixture until the butter has melted. Remove the pan from the heat and add the bicarbonate of soda – it will froth and bubble.

Pour the butter mixture into the dry ingredients and stir until well combined. Add the choc bits or dried apricots now, if using. Press the mixture into the prepared pan to form an even covering. Bake for approximately 25 minutes or until golden brown and just set on top (it will firm upon cooling). Set the pan on a wire rack and leave to cool completely before carefully removing and cutting into squares or rectangles.

Slice will keep in an airtight container for up to 5 days. Can also be frozen for up to 2 months.

Source: Barely adapted from Australian Women's Weekly 'Get Real! Make a Meal.'

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