

Oaty Fruit Slice

Serves 16

Preparation Time 10 minutes

Cooking Time 30 minutes

2/3 cup pecan nuts, walnuts and cashews roughly chopped

2 1/2 cups rolled oats

2/3 cup self-raising flour

1/2 cup dried cranberries (Craisins)

1/2 cup brown sugar

125g (1/2 cup) **Flora pro-activ spread**, melted

2 tablespoons golden syrup

2 ripe bananas, mashed

1 egg, lightly beaten

2 tablespoons sunflower seeds



Preheat oven to 180 °C. Lightly grease an 18 x 28cm slice tin, or line it with baking paper. Place dry ingredients in a bowl and stir in Flora pro-activ, golden syrup, bananas and egg. Mix well.

Spoon into prepared tin; smooth surface with a spatula or palette knife and sprinkle with sunflower seeds.

Bake for 25-30 minutes or until golden brown and firm to touch. Mark into 16 slices while still warm.

Hint: This slice is ideal for a delicious breakfast on the run.

Nutrition information

	Per 100g	Per Serve
Energy (kJ)	1439	903
Protein (g)	5.4	3.4
Total Fat (g)	17.3	10.8
Sat. Fat (g)	2.9	1.8
Carbohydrate (g)	40.2	25.3
Total Sugars (g)	20.8	13.1
Dietary Fibre (g)	3.5	2.2
Sodium (mg)	122	76