

FATHER BOB WEEK

MUESLI SLICE

200 gms butter

220 gms raw sugar

1 cup honey

½ cup olive oil

360 gms of mixed seeds (sunflower and pumpkin seeds)

2 weetbix, crushed

1 cup mixed dried fruit

80g dates, chopped

½ cup apricots, chopped

5 cups rolled oats

1 cup self-raising flour (or 1 cup plain flour with 2 teaspoons baking powder)

1. Preheat oven to 170 degrees Celsius
2. Line a baking tray with baking paper
3. Place butter, sugar, oil and honey in a saucepan and heat over a medium heat until the butter is melted and sugar dissolved
4. Combine the seeds, Weetbix, chopped dried fruit, oats and flour in a bowl then add the butter mixture and mix until well combined.
5. Spoon mixture into the lined pan and push it down firmly with the back of a spoon to smooth the surface.
6. Bake in the oven until golden, probably about 25 mins depending on the oven.
7. Clean your work area.
8. When golden, take the slice out of the oven to cool for the next group.
9. Cut the slice when cooled.