

Hazelnut Oat Slice

Ingredients

- 1 cup Lowan Rolled Oats
- ½ cup plain flour
- ¼ cup plain wholemeal flour
- ¼ cup chopped roasted plain, unsalted hazelnuts
- ½ cup raw sugar
- 90g healthier margarine spread*
- 2 tablespoons golden syrup
- 1 tablespoon water
- ¼ teaspoon bicarbonate of soda

Method

1. Pre-heat oven to 180°C/350°C (160°C fan-forced) and brush a 27 x 17cm (base measurement) slice pan with melted margarine spread and line with baking paper.
2. In a mixing bowl, mix oats, flours, hazelnuts and sugar.
3. Using a microwave oven or stove top, heat margarine spread with golden syrup until melted.
4. In a small bowl, combine water and bicarbonate of soda then add into the golden syrup mix while stirring.
5. Pour syrup mixture into the dry ingredients and mix together to combine.
6. Press mixture firmly into the prepared slice pan and bake for 20-25 minutes until golden.
7. Allow to cool completely in the tin before transferring to a cutting board. Remove baking paper from the base, cut into slices and store in an airtight container.



TIP - This slice may be made with chopped pecan nuts for variety.

* Healthier margarine spreads - e.g. margarine spreads made with canola, sunflower, soybean, safflower or olive oils