



THIS WEEK'S TASTY RECIPE

PEANUT BUTTER AND OAT SLICE

SERVES 20

INGREDIENTS

Melted butter, to lightly grease
½ cup wholemeal self-raising flour
½ cup plain flour
1 cup rolled oats
1 cup desiccated coconut
½ cup, firmly packed brown sugar
½ cup sunflower seed kernels
2 tablespoons sesame seeds
½ cup crunchy peanut butter
¼ cup honey
80g butter
1 egg, lightly whisked

METHOD

1. Preheat oven to 180°C. Brush a 17 x 27cm (base measurement) slice pan with melted butter to lightly grease. Line the base and 2 long sides with non-stick baking paper, allowing the sides to overhang.
2. Sift the combined flours into a bowl, returning the husks to the bowl. Add the oats, coconut, sugar, sunflower seeds and sesame seeds, and stir to combine. Make a well in the centre.
3. Place the peanut butter, honey and butter in a saucepan over low heat. Cook, stirring, for 2 minutes or until melted and well combined. Remove from heat. Add peanut butter mixture and egg to the flour mixture and stir until well combined.
4. Press the mixture into the prepared pan. Bake in preheated oven for 20-25 minutes or until slice is golden brown and set. Set aside to cool completely. Cut into squares to serve.

MAKE IT FRESH AT HOME: Ingredients available at Coles and Woolworths.

Westfield CAROUSEL