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SOUTH AFRICA Oat Crunchies

Ingredients:

Dry:

- 1 ½ cups rolled oats
- 1 cup brown sugar
- 1 cup flour
- 1 cup shredded coconut
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Wet:

- 1 stick butter, melted
- 2 tablespoons golden syrup or honey
- 1 teaspoon baking soda
- 2 tablespoons milk

Directions:

Preheat oven to 350°. Mix dry ingredients together. Oats, brown sugar, cinnamon, flour, coconut. Melt butter and syrup or honey together until completely melted. In separate bowl, dissolve baking soda with milk. Add milk mixture to butter mixture. Pour butter mixture into dry ingredients, mix well. Pour into a prepared 8 x 8 baking dish. Press the mixture tightly into baking dish with hands. Bake for 15 to 20 minutes until golden. Cut into squares as soon as it comes out of the oven. The mixture is still very soft. Let cool down in pan and enjoy.