



APRICOT FRUIT OATIES

100g Flour

60g Harraways Rolled Oats

1t Baking Powder

75g Brown Sugar

75g Butter

Filling

50g Dried Apricots

50g Prunes (or Dates)

Grated rind & juice of 1 lemon
Juice of orange made up to 5
tablespoons with water

125g Sugar

25g chopped walnuts

Chop apricots and prunes (or dates).

Put into pan with orange juice, water and sugar and bring to
boil. Boil rapidly for 3mins.

Remove from heat; add walnuts, lemon juice and rind.

Cool.

Grease tin (18cm Square)

Sieve flour and baking powder, mix in sugar and Harraways
Rolled Oats, and then rub in the butter.

Press half the mixture into greased tin.

Spread mixture over Oatie base and sprinkle the rest of Oatie
mixture over. Press down firmly.

Bake in moderate oven 180°C for 30mins.

Cut when cold.

Store in an air tight container.



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