



## Fruit-Oaties

- 1 ½ cups Harraways Oats
- ½ cup Coconut
- ½ cup Sultanas (or any dried fruit)
- 1 cup Flour
- 1 cup Raw Sugar
- 30g Butter
- 1 Tablespoon Golden Syrup
- 1 ½ teaspoon Baking Soda
- Salt (pinch)
- 2 Tablespoon Boiling Water

Combine Oats, coconut, sultanas, flour and sugar.

Melt the butter, golden syrup, and add the baking soda mixed with water.

Stir into the dry ingredients.

Place teaspoon lots onto a greased baking tray and bake in a slow oven

140 C for 20mins.

Leave to cool on the tray.

Store in an air tight container.

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