



## Harraways High Tea Slice

Here is a quick, impressive looking slice that is easy to prepare but still has some “wow” factor.

This versatile slice can be adapted to suit what you have in your cupboards with ease.

Some suggestions from our team at Harraways are substitute the apple filling for; rhubarb and apple, caramel, strawberry jam or lemon curd.

### Base

1 cup	Self-Rising Flour
1 cup	Harraways Rolled Oats
½ cup	Brown sugar
100g	Tick approved margarine, soften

### Filling:

4	Apples (peeled, cored and sliced) 270g
2 tsp. (Level)	Cinnamon
2 tsp.	Water 30ml
1 tsp.	Vanilla

### Topping:

½ cup	Harraway Roasted Honey Coated Jumbo Oats 50g
2 T	honey or golden syrup 30g

Line a 20cm baking tin with baking paper and pre-heat your oven to 180°C.

In a mixing bowl combine flour and Harraways Rolled Oats and brown sugar.

Soften Tick approved margarine in the microwave and rub butter the dry ingredients until it forms a soft crumbly texture.

Place 2/3 of the mixture into the lined baking tin and compress the mixture to form a good base and put a side 1/3 for the topping.

Peel and core four apples, then slice and place into a microwave safe bowl. Add water, vanilla and cinnamon and microwave on high until soft. Once soft remove apples from liquid and layer apples on top of the compressed base save the liquid for the next step.

In the same bowl that the apples were microwaved in use the remaining liquid with the 1/3 of the base that has been saved to be used as your topping add Harraways Wholemeal Rolled Oats and honey or golden syrup to bind the crumble together. Once topping is assembled, spread over the apple layer and bake at 180°C for 20mins or until golden brown.

Recipe makes 16 portions, recommended serving size one portion contains; Energy 536kJ, Carbohydrate 22.4g, sugar 11.4g.

Tip for a tart zingy taste use Granny Smith apples, Gala apples will make a sweeter slice, if you mash the apples there will be less liquid.



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Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.

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