

Apple Day Crunchies



Makes
+/- 24 biscuits

Ingredients

- 2 cups oats
- 1 cup coconut
- 1 cup plain flour
- 1 cup sugar
- ½ cup butter/margarine
- ½ cup Lyle's Golden Syrup
- 1 tsp bicarbonate of soda
- 1 cup grated apple

Method

1. Preheat oven to 160°C.
2. In a large bowl, mix together oats, coconut, flour, sugar and apple, and mix in well.
3. In a pan melt the butter, syrup and bicarbonate of soda and bring to the boil.
4. Add the liquids to the dry ingredients and mix well.
5. Spread the mixture in a rectangular baking tin and firm down with your hands.
6. Bake for 20 minutes in the centre of the oven. Cut into squares in the pan while still hot and leave to cool.
7. To make the crunchies crunchier, reduce butter and increase syrup. If too moist, reduce both.

Nutrition




'Food has a culture. It has a history. It has a story. It has relationships.' Winona LaDuke.

This recipe brings back happy memories of childhood. Simple and quick to make, crunchies are a favourite at our Apple Day stall.

Oats are among the most nutrient-dense foods you can eat, rich in fibre, starch, protein, and many vitamins and minerals such as manganese, phosphorus, copper, B vitamins, iron, selenium, magnesium and zinc.

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