

Chewy fruit and seed slice



- Ingredients:
- 200g unsalted butter
 - 175g [1/2 cup] golden or maple syrup
 - 125g [1/2 cup] crunchy peanut butter [OR if you wish to avoid peanuts, substitute Tahini]
 - 2 tsp natural vanilla extract
 - 30g [1/4 cup] plain flour (use wheat-free options such as spelt, buckwheat or oat flour or a suitable gluten-free option; or substitute with almond meal)
 - 30g [1/3 cup] ground almonds
 - ½ tsp mixed spice
 - 300g [3 cups] quick cooking oats
 - 2 tsp finely grated lemon zest
 - 185g [1 cup] soft brown sugar
 - 45g [1/2 cup] desiccated coconut
 - 50g [1/3 cup] sesame seeds, toasted
 - 90g [1/2 cup] pepitas or shelled sunflower seeds
 - 80g [1/2 cup] sultanas
 - 45g [1/4 cup] mixed peel

Preheat oven to 170°C. Lightly grease and line a 20 x 30cm shallow tin with baking paper, leaving it hanging over the two long sides.

Place the butter and golden syrup/maple syrup in a small saucepan over low heat, stirring occasionally, until melted. Remove from heat and stir in the peanut butter (or Tahini) and vanilla until combined.

Mix together the remaining ingredients, stirring well. Make a well in the centre and add the butter/syrup mixture. Mix with a large spoon until combined. Press evenly into the tin and bake for 25 minutes or until golden and firm. Cool in the tin and cut into squares.

Recipe source: *Breakfast* by Marie Claire