

Caramel Oat Slice

Base

190g butter, melted

$\frac{3}{4}$ C wholemeal flour - or $\frac{1}{2}$ C wholemeal flour with $\frac{1}{4}$ C coconut added

1 $\frac{1}{2}$ C white flour

$\frac{3}{4}$ C rolled oats

$\frac{3}{4}$ tsp baking powder

$\frac{3}{4}$ tsp baking soda

1 $\frac{1}{2}$ C brown sugar

$\frac{1}{2}$ tsp salt

2 eggs

$\frac{3}{4}$ tsp vanilla essence

Melt, mix and press $\frac{1}{2}$ to $\frac{3}{4}$ of above into a greased slice pan

Scatter with chopped walnuts (optional)

Caramel filling

100g butter

2T golden syrup

1 tin condensed milk (395g)

Microwave in a large jug for 3 minutes (or when butter has melted). Mix vigorously and pour over base. Crumble the rest of the base mixture over the caramel and bake at 150 deg Celcius for about 30 minutes or until a cooked brown colour.