

Recipe for Seed Slice for those who requested it.

200g butter

2Tbsp golden syrup

1 lg cup flour

1 tsp baking powder

1/2 cup sugar

1/2cup each of sunflower seeds, pumpkin seeds and sesame seeds.

2 cups cornflakes

Melt butter with syrup.

Mix well with dry ingredients.

Press into greased sponge roll tin. Cook 180deg 20 mins.

Cool completely before cutting. Enjoy, from Nola.