

SERVES 8 ★ PREP 20MIN ★ COOK TIME 30MIN

DATE AND WALNUT SLICE



INGREDIENTS

½ cup (60g, 2oz)
chopped walnuts

1 cup (90g, 3oz)
desiccated coconut

1 cup (155g, 5oz)
brown sugar

1 cup (140g, 5oz)
dates, chopped

1½ cup (130g, 4½oz)
oats

125g (4oz) butter

3 tbsps golden syrup

1 egg, beaten

Handful of walnuts,
halved, to decorate

METHOD

1. Preheat oven to 180°C (350°F, Gas Mark 4) and line a 18 x 28cm (7 x 11in) slice tin.
2. In a large mixing bowl, combine dry ingredients, breaking up any lumps with the back of a spoon.
3. Melt butter in a small saucepan over low heat. When melted, add golden syrup and stir.
4. Pour syrup over dry ingredients. Add egg and stir until mixture is well combined. Press mixture into slice pan.
4. Transfer to the oven and bake 30 minutes. Remove and allow to cool in the tin.
5. To serve, decorate with walnut halves and slice into squares.