

Makes 16

Ingredients

- 1½ cup rolled oats
- ½ cup plain flour
- ½ cup sugar
- 4 tablespoons canola margarine
- 2 tablespoons golden syrup
- 1 teaspoon bicarbonate soda
- 1 tablespoon boiling water



Method

1. Preheat oven to 160°C and line a baking tray with baking paper.
2. Mix together the oats, flour and sugar in a medium bowl.
3. Using a microwave oven or stovetop, heat margarine together with golden syrup until melted.
4. In a small bowl, combine water and bicarbonate of soda. Gently pour into the golden syrup mix while stirring.
5. Pour syrup into the dry ingredients and mix together to combine.
6. Roll a spoonful of mixture into balls and place on baking trays lined with non-stick baking paper. Press down tops to flatten slightly.
7. Bake for approximately 20 minutes or until golden brown. Stand for 5 minutes before transferring to a wire rack to cool.

Tip: make this into an ANZAC slice by pouring the mixture into a baking tray and bake for 20 minutes.

NUTRITION INFORMATION		
Servings per recipe: 16		
Average serving size: 31g (1 biscuit)		
	Per serve	Per 100g
Kilojoules (kJ)	495	1603
Protein (g)	1.6	5.0
Total fat (g)	4.2	13.5
- Saturated fat (g)	1.0	3.4
Carbohydrates (g)	18.6	60.1
- Sugars (g)	9.7	31.4
Fibre (g)	1.1	3.5
Sodium (mg)	102	331

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines