

OAT CRUNCHIES

Ingredients:

500ml (2 cups) Oats

125ml (½ cup) Linseeds

125ml (½ cup) Sesame seeds

250ml (1 cup) Oat flour/Almond/Coconut/Spelt flour

250ml (1 cup) Chopped dates or raisins/mixed berries/blueberries

280ml (1 cup and 2 tbsp) Honey/Coconut blossom sugar

Pinch of salt

Method:

Heat the oven to 180°C. Grease baking tin. Mix the sesame seeds, linseeds and oats together. Sift the flour and salt into the oats mixture. Add the chopped dates/raisins. Blend the honey into the oats mixture. Press evenly into the baking tin with your fingers. Bake for 20 – 25 minutes. Cut while still warm. Allow to cool in the oven while the oven is turned off (this allows the crunchies to harden). Store in an airtight container once cooled.