



Honey Oat Bars

1 cup rolled oats
1 cup sultanas
½ cup wholemeal self raising flour
½ cup raw sugar
½ cup coconut
155g butter
1 tablespoon honey

Combine oats, sultanas, sifted flour (return husks to basin), sugar & coconut in basin.

Melt butter, add honey, and mix into dry ingredients until all clings together.

Press evenly over base of well greased 28cm x 18cm lamington tin.

Bake in moderate oven 15-20 minutes or until golden.

Cut into bars while hot, remove from tin when cold.