

# Oaty Snack Bars

Elize Fourie joined our office team near the end of last year and brought in some of these tasty crunchy bars which she makes for her children's lunchboxes as a healthy alternative to sweets and chocolates. Replace the sugar with xylitol.

NB: Suitable for both TM5 and TM31

Makes: 32

Total Preparation time: 10 minutes

Cooking time: 25 – 30 minutes

## Ingredients

- 250g butter cut in cubes
- 50g golden syrup or honey
- 180g desiccated coconut
- 400g rolled oats
- 120g wheat flour
- 330g sugar or xylitol
- 1 tsp cinnamon
- ½ tsp salt
- 100g dried mixed fruit (optional)
- 1 ½ tsp bicarbonate of soda dissolved in 60g milk



**Method** - Preheat oven to 180°C. Grease a rectangular pan 23cm x 33cm (the usual roasting pan).

1. Weigh butter and syrup into TM bowl. Melt **2 min/60°C/speed 2**. Repeat if necessary until butter is melted.
2. Add coconut, oats, flour, sugar, cinnamon, salt and dried fruit. Lastly the bicarb/milk mixture. Mix **30 sec/speed 4** using the TM spatula to assist incorporating the top ingredients.
3. Press into baking pan.
4. Bake 25 – 30 minutes until golden brown. Cool in the pan. Cut when slightly cool.

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