

Date and Oat Slice

Serves: 20

Preparation time: 10 Minutes

Cooking time: 30 Minutes

Ingredients

- 250g dates
- 200ml water
- 250g tub sunflower margarine
- 2 tablespoons clear honey
- 175g plain wholemeal flour
- 1 teaspoon baking powder
- 200g rolled oats

Method

1. Preheat the oven to 180°C, 350°F, gas mark 4. Grease a 20 x 20cm shallow tray.
2. Place the dates in a small pan with the water and simmer gently until reduced to a pulp, remove from the heat and allow to cool.
3. Melt the margarine and honey in a large pan, add the flour, baking powder and oats then stir to combine.
4. Press half the mixture into the base of the tin, then spread over the date mixture and top with the remaining oat mixture and press gently into place.
5. Bake in the oven for 30 minutes, allow to cool in the tin slightly before cutting into 20 pieces. Leave in the tin until cold before serving on a plate or storing in an airtight container.