



Oat slice



Category • Snack



Serves of fruit (per serve) • 0.5



Preparation time • 10 mns



Serves • 8 serves



Serves of vegetables (per serve) • 0



Cooking time • 20 mns

Ingredients

- 2 medium apples, cored and diced into small pieces
- 1/3 cup (60g) dried apricots, diced
- 1 cup of rolled oats
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 2 eggs
- 3 tablespoons natural yoghurt
- 2 tablespoons honey
- 1 tablespoon canola, vegetable or sunflower oil

Method

- 1 Preheat the oven to 160°C fan forced (180°C for other ovens).
- 2 Line a 20cm square baking tray with baking paper.
- 3 In a large bowl, mix the eggs, yoghurt, honey and oil together.
- 4 Add the remaining ingredients and stir to combine.
- 5 Pour into prepared baking tray, and even out the surface.
- 6 Bake for approximately 20 minutes or until golden.
- 7 Let it cool, and then cut into 8 slices to serve.

Nutrition information

	Kilojoules (kJ)	Protein (g)	Fat (g)	Saturated fat (g)	Carbo-hydrates (g)	Sugars (g)	Sodium (mg)	Fibre (g)
Per serve	597	3.7	4.7	1	20.1	14.7	67	2.5
Per 100g	715	4.5	5.7	1.2	24	17.6	80.7	3

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Recipe notes

About this recipe

- Low in sodium, low in saturated fats
- Vegetarian.

Variations, hints, serving suggestions

- Sprinkle some almonds or walnuts on top before putting in the oven for an extra crunch.
- Add 1 teaspoon of powdered nutmeg, cardamom and ginger for more of a gingerbread-like flavour.
- You can swap dried apricots for dried cranberries, figs or raisins.

Storage

- Oat slice can be stored in an airtight container in the room temperature for up to 4 days.
- Can be frozen for up to 3 months and should be wrapped individually.

How children can assist in preparation

Depending on your child's age and skills, they can help with gathering the equipment, measuring the ingredients or stirring the oat mixture.

Food allergens

The original recipe contains: **Milk, Eggs and Wheat** (depending on crackers used).

Always read the ingredient list on the food label for allergens, even if the product has been purchased and eaten safely before.



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