



Wheat biscuit slice

This slice is great for an after school snack.



Time to prepare: 10 minutes



Time to cook: 25 minutes



Serves 24



Suitable for vegetarians

Ingredients

- 2 wheat biscuits, crushed
- 1/3 cup runny honey
- 1 cup rolled oats
- 1 cup wholemeal flour

- 1 teaspoon baking powder
- 1 cup low-fat milk
- 1 cup dried fruit (raisins, currents, sultanas or apricots)
- 1 cup seeds, optional (pumpkin and sunflower)

Method

1. Preheat oven to 180 degrees.
2. Mix all the ingredients together in a big bowl.
2. Line a 18x28 tin with baking paper.
3. Press the mixture into the tin.
4. Bake at 180C for 25 minutes (until firm to touch).
5. Cut into slices when cool.

Notes

You can replace the seeds with chopped nuts for a slightly different flavour.

You might also like...



Apple, raisin and banana muffins

Muffins are super quick to make and are a perfect lunchbox treat. These fruit muffins freeze well too.

[\(/eat/recipes/apple-raisin-and-banana-muffins\)](/eat/recipes/apple-raisin-and-banana-muffins)



Apple cinnamon pancakes

Tasty and easy cafe-style breakfast. Perfect for weekends when you have a bit more time in the morning. Or make the night before for an on-the-go breakfast the next day.

[\(/eat/recipes/apple-cinnamon-pancakes\)](/eat/recipes/apple-cinnamon-pancakes)



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