



## Apricot Slice

This recipe is suitable to take to school great to freeze. I've also made this with dried cranberries and it worked fantastically! *"My children love these bars"* - Elke

vegetarian     wheat-free     soy-free     Thermomix     nut-free

**Preparation time:** 10 mins | **Cooking time:** 25 mins | **Makes:** approximately 18 bars

### Ingredients

- 80g Australian sun-dried apricots (they taste better than the Turkish dried apricots)
- 2 Tbsp golden syrup
- 120g butter
- 1/2 tsp bicarbonate of soda
- 2 Tbsp water
- 100g rolled oats (I like "Lowan's" wholegrain rolled oats)
- 130g plain unbleached flour
- 150g castor sugar
- 70g desiccated coconut
- 2 Tbsp sesame seeds



### Preparation

1. Pre-heat oven to **180°C** (no fan). Line a 28x18cm lamington pan or pyrex dish with baking paper.
2. Dice apricots with a paring knife or chop in Thermomix for **10 secs** on **speed 5**. Set aside.
3. Melt golden syrup and butter in a small saucepan for about **1 minute** then remove from heat. Or add these into TM bowl and cook for 1 minute at 60C on **speed 2**.
4. Add bicarbonate of soda and water to the saucepan or TM bowl and mix quickly for **5-10 seconds**. Use **speed 2** on TM. Transfer to a large mixing bowl, or leave mixture in the TM bowl.
5. Add oats, flour, sugar coconut, sesame seeds and apricots into bowl and mix until the ingredients just hold together (using clean hands works best). In TM bowl mix for **10-20 seconds** on **speed 1**, using the spatula to assist.
6. Spread mixture into the prepared tin and pressed down with the back of a metal spoon to form an even surface. Bake for **25 minutes** or until golden brown (use the middle shelf). Allow to cool in the pan and cut into bars or squares.

### To turn these into Protein Bars ...

Just add more nuts and seeds, around 1/4 cup mix nuts and seeds. If the mixture isn't combining well enough, then try to add a little more golden syrup and butter.