

Fruit and Nut Crunch

Ingredients

- 10 oz (275g) oats
- 3 oz (75g) butter
- 3oz (75g) margarine
- 4 oz (110g) chopped nuts (I used mixed)
- 4 oz (110g) chopped sultanas
- 4 oz (110g) sugar
- 2 tablespoons honey

Method

1. Place oats, sugar, nuts, and sultanas in a large bowl and mix
2. Melt the butter and margarine in a pan or microwave
3. Add honey to the pan and mix until dissolved
4. Pour on to oat mixture and stir well
5. Line a 9" square 2" deep oven dish with greaseproof paper
6. Place mixture into the dish and press down with the back of a wooden spoon until it is even
7. Bake on the bottom shelf of oven Gas mark 4 (180°C, 350°F) for 30 – 40 minutes or until golden brown
8. After taking it out of the oven allow to cool before cutting into pieces. I made 16 pieces
9. Store in an air-tight tin
10. It is always better to eat on the day after baking

