

CRUNCHIES

INGREDIENTS

½ pnd. Butter
1 full tsp. golden syrup
¼ tsp. bicarb

Bring to boil until frothy.

1	cup jungle oats	}	
1	cup sugar	}	mix above in baking dish
1	cup flour	}	and keep aside
1	cup coconut	}	

METHOD

Add butter mixture to baking dish and mix well.

Pat into baking tray. Bake in moderate oven for approximately 45 minutes and light golden brown. Once baked, slice and leave to cool.