

BREAKFAST CRUNCH

INGREDIENTS	OVEN
50g porridge oats 20g chopped nuts 15ml spoon brown sugar 15ml honey or syrup 15g marg 30g sultanas	Gas4, 180 °C

METHOD

1. Set oven and grease a baking tray.
2. Place porridge oats, nuts and sugar in a bowl.
3. Place honey/ syrup and marg in a saucepan and mekt over a LOW heat.
4. Add melted ingredients to the bowl and mix well.
5. Spread the mixture loosely on the baking tray.
6. Bake for exactly 7 mins.
7. Loosen from the tray as soon as it is cooked and place in the bowl with the sultanas to serve.
8. Can be eaten dry, with milk or on top of yogurt

