# Crunchies

6 servings Prep: 15 mins, Cooking: 20 mins  
  
A picture containing food, piece, board, slice

Description automatically generated

### Ingredients(8)

|  |  |
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| **1 1/2 cup** | oats |
| **1 cup** | coconut |
| **1 cup** | flour |
| **1/2 cup** | sugar |
| **1 tsp** | Bicarbonate of soda |
| **125 ml** | margarine — melted |
| **2 Tbs** | golden syrup |
| **4 Tbs** | water |

### Method:

Combine oats, coconut, flour, sugar and bicarbonate of soda.  
Mix and make a well in the centre.  
Add margarine, golden syrup, boiled water to well.  
Mix and knead together. Do not squash.  
Put mixture in a baking tray and flatten. Use the back of a tablespoon to smoothen.  
Bake at 150°C for +/- 20 min or until golden brown.  
Cut while it’s hot (it should be soft) and allow to cool and harden.