# Crunchies

6 servings Prep: 15 mins, Cooking: 20 mins



### Ingredients(8)

|  |  |
| --- | --- |
| **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.