

Nut and Seed Slice

No. of Serves: 18



Ingredients

- 1 large egg
- 50g butter
- 1/3 cup honey
- 1/2 cup plain flour
- 2 wheat biscuits
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup almonds, roughly chopped
- 2 tbsp. chia seeds
- 2 tbsp. sesame seeds

Method

1. Preheat oven to 180° and line an oven-proof tray (20x30cm) with baking paper.
2. Place butter and honey in a saucepan and melt over low heat.
3. In a large bowl crush the wheat biscuits then add all the dry ingredients (except the dried cranberries and almonds).
4. Add butter and honey mixture to the dry ingredients. Mix until well combined.
5. Add cranberries and almonds to the mixture.
6. Press mixture into baking tray and bake for 20 minutes or until golden brown.
7. Allow to cool completely before slicing.