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australian 'nougat bars'

by Rhiannon Cooper

what you will need

1/2 cup of caster sugar
1 cup of self raising flour
1 cup of desiccated coconut
1 cup of oats
1 cup of sultanas
1 egg, beaten
100g/4oz sunflower or olive oil based margarine
1 tablespoon syrup

Makes 16 bars

Preparation time = 15mins

Cooking time = 20mins

**Cost per bar =
less than £0.20p**

get cooking

Melt margarine and sugar gently in a saucepan.

Mix flour, coconut, oats, sultanas in a bowl and mix in melted margarine and syrup.

Add the egg and mix well.
Press the mixture lightly into a tray and flatten.

Bake for 20 minutes 180C/gas mark 4 until brown, cut into 16 squares immediately on removing from the oven.

alternatives

Try dried apricots instead of sultanas.

top tips

The bars are high in calories - eat in small quantities as part of a healthy diet.



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