



## DATE & WALNUT OAT SLICE

 **Prep: 20 minutes plus soaking**

 **Cook: 20-25 minutes**

 **Serves: 12**

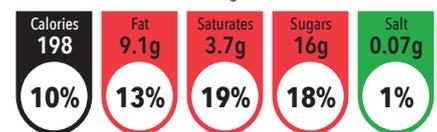
### INGREDIENTS:

- 125g pitted dates, chopped
- 75g unsalted butter, diced
- 2 tbsp dark brown soft sugar
- 100g golden syrup
- ½ tsp **LoSalt**
- 175g oats
- 50g walnuts, chopped

### METHOD:

1. Preheat the oven to 180°C, gas mark 4. Grease and base line an 18cm square tin.
2. Place the dates in a small bowl and pour over boiling water to cover - leave for 15 minutes then drain. Blitz with a hand held blender to give a coarse paste.
3. Meanwhile, place the butter, sugar, syrup and **LoSalt** in a saucepan and heat until sugar has dissolved.
4. To the liquid mix, stir in the oats and walnuts - press half of this into the prepared tin.
5. Spread over the date paste.
6. Finally, spread over the remaining oat mix, pressing down gently.
7. Bake for 20-25 minutes.
8. Allow to cool slightly before cutting into 12 slices.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Try using dried prunes or apricots instead of dates. Great for pack lunches.