



Oats, Seeds & Raisin Squares

3oz Butter or Marg

2 tbsp maple syrup

1 tbsp Golden Treacle - possibly add more Treacle as very crumbly.

8oz porridge oats

3oz Tesco 4 seed mix

3oz Raisins

Oil to grease pan

1. Pre-heat oven to 180C. Lightly grease a 8in shallow square cake tin.
2. Heat the butter, syrup and treacle together gently until evenly blended.
3. Mix the oats, seeds and raisins together in a bowl then pour on the syrup mixture. Stir thoroughly to mix. Pour into prepared tin and press down well with the back of a spoon.
4. Bake in the pre-heated oven for 20-25 mins or until golden brown and just firm to the touch. Cut into 16 squares then leave to cool in the tin before carefully lifting out.

Would make lovely crumble topping on fruit.