

## Oat and Date Slices



You can vary the fillings, by adding seeds, like sesame, sunflower or pumpkin, or nuts like walnuts, hazelnuts or almonds to the base and topping. You can try different fruits such as dried apricots, cranberries, apple or figs. Spices such as ginger or cinnamon can also be added.

### Ingredients

- 350g / 12oz dates (or apricots or figs), chopped
- 90ml / 6 tablespoons water or apple juice
- Grated rind of 1 lemon (optional)
- 225g / 8oz wholemeal flour
- 100g / 4oz porridge oats
- 75g / 3oz brown sugar
- 150g / 5oz butter, melted



### Method

1. Heat the oven Gas 6 / 200°C.
2. Grease and line a shallow (27 x 18cm) cake tin.
3. Put the dates, water and lemon rind in a saucepan.
4. Heat gently, stirring occasionally until the mixture is soft.
5. Combine the remaining ingredients and sprinkle half into a shallow cake tin (27 x 18cm) and press down **WELL**. (Very important, or you will get a crumble, not a bar!)
6. Cover with the date mixture.
7. Sprinkle with the remaining oat mixture over the top. Press down firmly again.
8. Bake for approx. 20 mins until golden and firm.
9. Let the slices cool in the tin, then cut into squares or slices.