A slice of delight (nut and seed slice)

Preparation time
15 minutes

Cooking time
20 minutes

Serves
18 slices

Recipe courtesy of
Katrina Yip, Accredited Practising Dietitian (APD)

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.

Ingredients | Method | Nutrition

50g butter

1/3 cup honey

½ cup plain flour

2 Weet-bix

½ cup dried cranberry

¾ cup sunflower seeds

½ pumpkin seeds (pepita)

½ cup almonds (roughly chopped)

2 tbsp chia seeds

2 tbsp sesame seeds

1. Preheat oven to 180°C, and line an ovenproof 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 Weet-bix then add all dry ingredients (except the dried cranberry and almonds).
4. Add butter and honey mixture to dry ingredients. Mix until well combined.
5. Add cranberry and almonds (roughly chopped).
6. Press mixture into baking tray and bake for 20 minutes or until golden.
7. Allow to cool completely before slicing.

Nutritional information is provided per serve

Engery	591.5kJ (141 calories)
Protein	3.7g
Saturated Fat	2g
Total Fat	8.5g
Carbohydrates	12g
Sugars	8g
Dietary Fibre	2g
Sodium	7.8mg