

Fibre Slice

Ingredients:

175g Butter
3 tb Honey
1 cup coconut
2/3 cup Skim Milk Powder
2 tb Cocoa
3 cups of rolled oats
1 cup Chocolate chips

Cooking Instructions:

1. -Melt butter, honey and cocoa
2. -Add and mix in all other ingredients
3. -Mix and press into slice tin
4. -Leave in fridge

Optional extras:

Sesame seeds
Walnuts
Sunflowers
Sultanas

