

Nuts and Seed Slice



Recipe:

Nuts and Seed Slice

Serves: 12

Serving Size: 1 slice

Ingredients:

- 12 Tablespoons butter
- 1 Tbsp golden syrup or honey
- 1 cup wheat flour
- 1 cup brown sugar
- 1 cup rolled oats
- 1 cup pre-roasted nuts and seeds
- 1 tsp baking powder

Instructions:

1. Melt butter with syrup or honey.
2. Add remaining ingredients.
3. Press in a cookie sheet.
4. Bake at 350°F for 15-20 minutes (depending on your oven).

Nutrition Facts:

Calories 275

Fat (g) 14

Carbohydrate (g) 36

Protein (g) 3

Sodium (mg) 80

Fiber (g) 3

Percent Calories

Fat: 45%

Carbohydrates: 52%

Protein: 4%

Submitted by Jyoti Benjamin, MS, RD, CSO, FAND, CD on behalf of ON DPG

Nutrient information obtained from USDA Food Composition Database