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.
4. Bake at 350°F for 15-20 minutes (depending on your oven).

Nutrition Facts:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>Percent Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>275</td>
<td></td>
</tr>
<tr>
<td>Fat (g)</td>
<td>14</td>
<td>Fat: 45%</td>
</tr>
<tr>
<td>Carbohydrate (g)</td>
<td>36</td>
<td>Carbohydrates: 52%</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>3</td>
<td>Protein: 4%</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Fiber (g)</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

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

Nutrient information obtained from USDA Food Composition Database