



# Crunchies



**Servings:** 24 crunchies  
**Total Time:** 45 mins  
**Cooking Time:** 20-30 mins  
**Pre-heat Oven to 180° C**

## INGREDIENTS

- 200g butter
- 1 Tbsp golden syrup
- 1 tsp bicarbonate of soda
- 2 cups oats
- 1 cup desiccated coconut
- 1 cup self-raising flour  
(or cake flour & 1½ tsp baking powder)
- 1 cup white sugar



butter, for greasing

## VARIATIONS

- \* Use half the sugar for a less sweeter version.
- \* Add chocolate chips for a richer version.

## METHOD

In a large saucepan, melt the butter and syrup together.  
 Remove the pan from the heat and stir in the bicarb until it froths.  
 Stir in the oats ensuring it is fully combined with the liquid.  
 Add the coconut, flour and sugar to the mixture and mix well.

Press the mixture into a roasting pan that has been well greased with butter and flatten with the back of a spoon.  
 Bake in the pre-heated oven for 20-30 mins until golden brown (cooking for longer makes them drier & crunchier).

Remove from oven & slice immediately into squares. Lightly press down the biscuits to incorporate any loose crumbs.

Allow to cool to room temperature before removing from the pan to serve or store.

