

Cooking with Kids

Coconut & lemon slice

Cooking with children can be lots of fun! Especially when there are several ingredients that need to be measured and mixed and you can incorporate a learning experience, building on their mathematical and tactile skills.

It is also an opportunity to teach them about sometimes foods and eating everything in moderation.



If the result includes a delicious treat, why not spoil your family with this delightful slice!

Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 1/2 cup raw sugar
- 3/4 cup shredded coconut
- Zest 1 lemon
- 125g butter
- 1 tbsp golden syrup
- 1 tsp bicarb soda, mixed into 1 tbsp water

Method

1. Preheat the oven to 170C. Line an 18x28cm slice tin with baking paper.
2. In a large mixing bowl, combine the oats, flour, sugar, coconut & lemon zest.

3. Melt the butter and golden syrup. Once melted, scrape in the bicarb/water mix and stir well.

4. Pour the butter mixture into the dry ingredients. Stir to combine well. Tip into your baking tray and press down evenly. Use the back of a spoon to press down firmly.

5. Bake for 20-25 minutes until golden. Leave to cool in the tin before slicing.

6. Cut into squares and enjoy!

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