

CATO'S KITCHEN



WEATBIX CARAMEL SLICE



Snack



60 min

Base

3 weetbix, crushed (standard or Gluten Free)

1 cup of standard flour (or 1 ¼ cups of Gluten Free flour)

¾ cup of sugar (I used ½ cup of white sugar and ¼ cup of coconut sugar)

1 cup of desiccated coconut

1 teaspoons of Baking Powder

125 grams of butter, melted

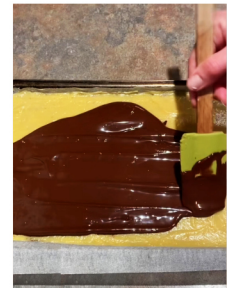
(if making it Gluten Free, add ¼ teaspoon of Xanthan powder or Guar Gum)

Method

Preheat the oven to 160 degrees Celsius.
Mix the dry ingredients in a medium sized bowl.

Melt the butter in the microwave or in a small pot and pour it into the dry mixture.
Stir it well, until it's all mixed in.

Line a sponge roll tin with baking paper and press the slice mixture into the base of the tin.
Bake for 20 mins or until the slice base is lightly brown. While the base is cooking make the caramel.



CARAMEL

1 tin of Condensed Milk

2 Tablespoons of butter

2 ½ Tablespoons of Golden Syrup

Gently bring this mixture to the boil, stirring all the time, making sure it doesn't burn or stick.

When the slice is out of the oven pour the caramel mixture over the base and spread it out evenly.

Leave the slice to cool on a cooling rack.

ICING

200g of melted chocolate OR,

2 Tablespoons of cocoa powder

1 ½ cups of Icing Sugar

50 grams of butter, softened

2 or 3 Tablespoons of boiling water

Mix the dry ingredients with the butter adding spoonfuls of water until mixed and runny enough to spread.

Once the slice is cool spread the melted chocolate or icing over the caramel and leave it to set. You can decorate it with a sprinkle of 100s and 1000s or a sprinkle of desiccated coconut before the icing dries, or you can leave it as it is.

Cut the slice into squares, in the tin, then transfer them to an airtight container. Placing a layer of baking paper between the layers so they don't stick to each other.

Great for lunchboxes, as an afterschool treat, dessert or as a study snack.

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui, Suzy

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