

## Nell's Oat Cakes

(Like muesli or granola bars—great for travel)

- 2 cup rolled oats
- ½ c. cup desiccated coconut
- ½ c. cup wheat germ
- 1 c. chopped walnuts
- 1 cup sultanas
- ½ c. grated apple
- 125g butter
- ½ cup honey
- ⅓ cup brown sugar
- ½ t. salt
- 2 t. cinnamon
- 1 t. allspice
- 1 t. cloves
- 1 t. nutmeg
- 1 t. vanilla

### Method

Grease a 16cm x 28cm baking pan and line with baking paper. Toast oats, coconut, wheat germ and walnuts in a frying pan over medium heat, stirring continuously until golden. Transfer to a bowl. Stir in sultanas and apple. Set aside to cool.

Melt butter, honey and sugar in a saucepan over medium heat, stirring until sugar dissolves. Add spices, vanilla and salt. Bring to the boil, reduce heat and simmer, without stirring, for 5-10 minutes (until soft ball stage). Add to dry ingredients and mix well.

Press mixture into pan & Pat down with hands.

Allow to cool. Cut into squares.

Keeps for days in air tight container.

Enjoy!

*Kim Falconer*