



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Crunchies (from South Africa)

Ingredients

- 6 ounce 170grams butter
- 1½ tablespoon golden syrup or honey
- 1 teaspoon baking soda
- ½ cup 100grams granulated sugar
- ¼ cup 50grams brown sugar
- ½ – 1 teaspoon salt
- 1 cup dry shredded coconut
- ⅓ cup sliced almonds
- 1 ½ cups of oats
- 1 ¼ cup flour
- 1 teaspoon cinnamon spice
- 1 teaspoon nutmeg spice

Directions

1. Prepare 8 x 8 or 9 x 13 baking pan/sheet—grease/spray cooking oil. Set aside.
2. On stove or in microwave, heat butter, syrup, brown sugar, sugar and salt, until melted. Add baking soda. Mix.
3. Combine remaining ingredients in large bowl—oatmeal, flour, coconut, sliced almonds and spices. Thoroughly mix.
4. Pour butter mixture into the bowl of oatmeal mixture, and mix well.
5. Press mixture into greased baking pan. Use parchment paper to smooth it out.
6. Start baking at 325 degrees for 10-15 minutes; finish at 300 degrees for another 10 minutes or until golden brown, depending on your oven. Start checking after 20 minutes. Remove. Let it cool completely. Cut into squares and serve.

