



Date Crunch

Sarah's servings: 16, Sarah's skill: Easy, Baking time: 35-40 mins

Ingredients

250ml Water
200g Dates (stoned and chopped)
200g Plain Flour
200g Unsalted Butter
1/2 tsp Bicarbonate of soda
200g Soft light brown sugar
150g Porridge oats

Method

- Preheat the oven to 180 degrees centigrade (160 fan).
- Line a 9 x 9inch or 23 x 23cm square cake tin with parchment paper.
- Place the water and dates in a pan and simmer for 10 minutes until thick. Set aside to cool.
- Put the flour, bicarbonate of soda, sugar and butter into a large bowl. Rub the butter into the dry ingredients. It will be a bit sticky!
- Add the porridge oats and rub in again until the mixture starts to clump slightly.
- Take two thirds of the mixture and put this into the tin and press down with your fingers until it is level.
- Add the cooled date mixture and flatten until level.
- Finally sprinkle on the remaining mixture and bake in the oven for 35-40 minutes.
- Leave to cool in the tin before cutting into squares.