

Atkins Slice

Rowville Primary School
Kitchen Garden Recipe

Ingredients

250g unsalted butter
2 cups brown sugar
2 eggs, lightly beaten
450g mixed dried fruit
300g plain flour
1 ½ teaspoon baking powder.



Method

Melt the butter, add the sugar, stir over low heat until dissolved.

Remove from heat and cool slightly.

Stir in the egg, add the fruit, and sift in the flour. Stir well.

Grease a baking tray and line the bottom with baking paper. Press the mix into the tray.

Bake at 180 degrees for 20 minutes or until golden and cooked through. Leave to cool in tray before cutting into squares.