

Date & chocolate slice

Traffic light category: **Amber**

Serves: 18

Ingredients

- » 1 cup wholemeal self raising flour, sifted
- » ½ cup dates, chopped
- » 6 Arnott's Milk Arrowroot biscuits, crushed
- » 1 teaspoon lemon rind, grated
- » 100g polyunsaturated margarine
- » ¾ cup brown sugar
- » 4 tablespoons cocoa
- » 3 tablespoons golden syrup
- » 1 egg, lightly beaten

Method

1. Preheat oven to 180°C. Grease shallow oblong cake tin (30cm x 20cm), cover with grease proof paper
2. Combine flour, dates, biscuits and lemon rind in large mixing bowl
3. Combine margarine, brown sugar, cocoa and golden syrup in a small pan. Stir over low heat until margarine has melted and sugar has dissolved; remove from heat. Cool slightly and whisk in the egg
4. Add margarine mixture to dry ingredients. Stir with a metal spoon until well combined
5. Spoon into prepared tin; smooth surface. Bake 20 minutes or until skewer comes out clean when inserted into slice. Allow to cool before cutting.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	37g	100g
Energy	551kJ	1502kJ
Protein	1.9g	5.1g
Total fat	4.5g	12.4g
Saturated fat	1.8g	3.4g
Carbohydrate	20.6g	56.3g
Sugars	13.8g	37.5g
Dietary fibre	2g	5.2g
Sodium	50mg	136mg

