

# Rice Bubble Slice

Traffic light category: **Amber**

Serves: 16-20 pieces

## Ingredients

- 1 cup wholemeal plain flour, sifted
- 1 tablespoon cornflour, sifted
- ½ teaspoon baking powder, sifted
- ½ cup caster sugar
- 3 cups Kellogg's rice bubbles
- ½ cup sultanas
- ½ cup dried apricots, chopped
- 125g polyunsaturated margarine, melted
- 2 tablespoons honey
- 1 egg, lightly beaten

## Method

1. Preheat oven to 180°C, line a 28cm x 19cm slice tin with baking paper
2. Place flours, baking powder, sugar, rice bubbles, sultanas and chopped apricots in a large bowl, mix to combine
3. Add honey and egg to melted margarine, mix lightly then add to dry ingredients
4. Press into slice tin, bake for 15-20 minutes or until golden brown
5. Cut into slices when almost cool.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	558kJ	1449kJ
Protein	1.8g	4.7g
Total fat	4.2g	10.9g
Saturated fat	0.9g	2.3g
Carbohydrate	21.8g	56.6g
Sugars	13.5g	34.9g
Dietary fibre	1.4g	3.8g
Sodium	59.5mg	154.4mg

Source: adapted from Kelloggs.com



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