

SNACKTIME



EASY SNACKS TO MAKE

By Paula



APRICOT BALLS

INGREDIENTS

- 1 1/2 chopped dried apricots
- 2 1/2 cups dessicated coconut
- 3/4 cup sweetened condensed milk
- extra coconut

DIRECTIONS

1. Mix all ingredients together
2. Roll tablespoonfuls into balls
3. Roll in the extra coconut
4. Refrigerate until firm.



ENERGY BALLS

INGREDIENTS

- 1 cup oats
- 1 cup nut free spread
- 1/4 cup chia seeds
- 2 1/2 tbsp honey
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 2 1/2 tbsp cocoa powder
- 1/4 tsp salt
- 1/3 cup dark chocolate chips

DIRECTIONS

1. Line a baking tray with baking paper.
2. Put all dry ingredients except choc chips into food processor, blend
3. Add the choc chips and mix
4. Roll into 3cm balls
5. Place in the fridge to set



HONEY JOYS

INGREDIENTS

- 90g butter or margarine
- 1/3 cup sugar
- 1 tablespoon honey
- 4 cups corn flakes

DIRECTIONS

1. Preheat oven to 150°C.
2. Line 24 hole muffin or cake pan with paper cases.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add corn flakes and mix well.
5. Spoon into paper patty cases in pan.
6. Bake at 150°C for 10 minutes.

NOTES



WEET BIX SLICE

INGREDIENTS

- 4 Weet-Bix, crushed
- 1 ¼ self-raising flour, sifted
- 1/2 cup brown sugar
- 1/2 cup desiccated coconut,
plus 2 tbsp extra
- 1/4 cup cocoa powder
- 185 grams butter, melted

DIRECTIONS

1. Preheat oven to 180C
2. Line a slice tin with baking paper.
3. Melt butter and mix in crushed Weet-Bix.
4. Add remaining ingredients and mix well.
5. Press mixture into the tin.
6. Bake for 15 minutes.

NOTES

Add icing: Mix ingredients and ice slice when it has cooled

- 1 cup (160g) icing sugar mixture
- 2 tablespoon cocoa powder
- 2 tablespoons softened butter
- 2 tablespoon boiling water



OAT SLICE

INGREDIENTS

- 150g butter melted
- 1/2 cup brown sugar
- 3 cups rolled oats
- 1/3 cup desiccated coconut

DIRECTIONS

1. Preheat oven to 180C.
2. Grease a square tin and line with baking paper
3. Mix dry ingredients
4. Make well in the centre and add in melted butter
5. Mix well, then spread into tin.
6. Bake for 30 minutes or until brown.

NOTES

Substitute coconut with 1/4 cup slivered almonds



EASY BARS

INGREDIENTS

- 20 g butter
- 2 cups caster sugar
- 2 tbs cocoa sifted
- 1/2 cup milk
- 1/2 cup nut free spread
- 1 tbs vanilla essence
- 2 1/2 cups rolled oats
- 2 1/2 cups puffed rice cereal
- 1/4 cup sprinkles to taste

DIRECTIONS

1. Line a slice pan with baking paper.
2. In a large saucepan melt the butter then add sugar, cocoa and milk. Whisk together and bring to the boil. Boil for one minute. Remove from heat.
3. Add the nut free spread, vanilla, rolled oats and puffed rice cereal to the pan and combine well.
4. Pour into slice pan and smooth flat with a spatula. Scatter over your choice of sprinkles.
5. Refrigerate until set.

NOTES

Drizzle with white or dark chocolate



CHOC CHIP COOKIES

INGREDIENTS

- 1 cup plain flour
- 1 cup SR flour
- 1 cup caster sugar
- 1 cup choc bits
- 125g melted butter
- 1 egg, lightly beaten

DIRECTIONS

1. Preheat oven to 180C.
2. Line 2 baking trays with baking paper.
3. Add dry ingredients to large bowl and mix.
4. Add melted butter and egg, stir until combined.
5. Roll tablespoonfuls into balls and place on tray. Flatten slightly.
6. Cook for about 20 minutes or until lightly golden.
7. Remove from oven and set aside to cool completely on the trays.

NOTES



WHITE BARS

INGREDIENTS

75g butter, chopped
250g white marshmallows
6 cups puffed rice cereal
1/2 cup chocolate sweets
1 tbsp sprinkles

DIRECTIONS

1. Grease and line the base and sides of a lamington pan.
2. Combine the butter and marshmallows in a medium saucepan. Microwave on low till butter and marshmallows have melted, 3-5 mins
3. Mix the rice cereal and chocolate sweets in a large bowl.
4. Pour the marshmallow mixture over the rice cereal/sweets and stir to combine.
5. Spoon mixture into the prepared pan, smooth out on top.
6. Place in the fridge for 2 hours to set.
7. Cut into bars to serve.

NOTES



5 CUP SLICE

INGREDIENTS

- 1 cup sultanas
- 1 cup choc bits
- 1 cup corn flakes
- 1 cup roasted nuts
- 1 cup desiccated coconut
- 1 tin condensed milk

DIRECTIONS

1. Preheat oven to 190C
2. Line a baking tray with baking paper.
3. Add all the dry ingredients and mix well
4. Add condensed milk, mix
5. Press down mixture in tray with a wet spatula
6. Bake for 25 minutes.
7. Cut when cool.

NOTES



PEANUT HONEY CRUNCH

INGREDIENTS

- 5 cups puffed rice cereal
- 1/2 cup roasted sesame seeds
- 1/2 cup rolled oats
- 1/2 cup peanut butter
- 3/4 cup honey
- 1/2 cup sugar
- 125g butter, chopped

DIRECTIONS

1. Line a baking tin with foil
2. Place the puffed rice cereal, sesame seeds and rolled oats into a bowl.
3. Place the butter, honey, peanut butter, and sugar into a saucepan. Stir over low heat until the sugar has dissolved and the mixture is smooth.
4. Add the dry mixture and mix well. Press the mixture evenly into the tin.
5. Refrigerate for 1 hour or until set.

NOTES



CHOCOLATE CRACKLES

INGREDIENTS

- 4 cups puffed rice cereal
- 1 cup icing sugar
- 1 cup desiccated coconut
- 250g vegetable shortening
- 3 Tbsp cocoa

DIRECTIONS

1. In a large bowl, mix the rice cereal, icing sugar, cocoa & coconut.
2. Melt the shortening in the microwave on a low power setting
3. Allow to cool slightly.
4. Add to mixture, stirring until well combined.
5. Spoon mixture into paper patty cases and refrigerate until firm.

NOTES



ENERGY SLICE

INGREDIENTS

- 125g butter
- 2 tablespoons honey
- 2 eggs lightly beaten
- 1/2 cup raw sugar
- 1 1/2 cups oats
- 1/2 cup dessicated coconut
- 1/2 cup plain flour
- 3/4 cup chopped raisins
- 1/4 cup sesame seeds
- 1/2 cup flaked almonds

DIRECTIONS

1. Preheat oven to 180C
2. Line slice tin with baking paper
3. Melt butter and honey, take off heat
4. Stir in eggs
5. Add all other ingredients, mix well
6. Press into slice tin
7. Bake for 20 mins until pale golden
8. Cool on the trays.