



## AB's Honey and Apricot Slice

Lots of good things in these chewy treats

PREP TIME: 20 MIN

COOK TIME: 10 MINS + COOLING

### INGREDIENTS

- 3/4 cup chopped dried apricots
- 1/2 cup water
- 1/2 cup finely chopped almonds (or walnuts)
- 2 teaspoons lemon juice
- 1 teaspoon grated lemon rind
- 1/2 cup Ironbark honey
- 1 tablespoon wheatgerm
- 1 cup powdered skim milk
- 1/2 cup chopped sultanas
- 1/2 cup desiccated coconut
- Extra coconut

### DIRECTIONS

1. Place apricots and water in a small saucepan and simmer for 10 minutes and allow to cool.
2. Mix well with remaining ingredients.
3. Divide the mixture into three.
4. Shape each portion into a 2.5cm (1in) roll.
5. Wrap in plastic film and chill overnight
6. Cut into slices and serve



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