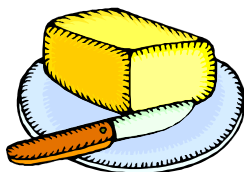


Apricot Shortcake

Ingredients

1 1/2C	Wholemeal SR Flour
410g can	Baker's Apricot
1C	Desiccated Coconut
1/4C	Glace Ginger - finely chopped (optional)
1/2C	Roller Oats
1/2C	Brown Sugar
1 X 55g	Egg (beaten)
125g	Butter (melted)
2T	Roller Oats (extra) or Sunflower Seeds



Method

1. Preheat oven to 180°C.
2. Mix first 8 ingredients together in a large bowl until combined.
3. Spoon into a Teflon coated or lightly greased 20cm X 5cm deep cake tin.
4. Sprinkle over extra oats or sunflower seeds.
5. Bake in preheated oven for 25 minutes or until a skewer inserted in the centre comes out clean.
6. Remove, stand for 10 minutes, turn onto a wire rack to cool.

Makes 12 slices.

