

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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## Fruity Health Slice

### You'll need:

- 1 cup wholemeal self-raising flour
- ½ cup soft brown sugar
- 1 cup desiccated coconut
- 1 cup chopped dates
- 1 cup dried apricots, sliced
- 1 cup soy milk



### Here's what to do:

- Combine all dry ingredients in a large bowl and mix well.
- Add the soy milk and mix until just combined.
- Spread into a greased and lined rectangular shallow baking tray.
- Bake at 180°C for 25 minutes.
- Remove from the oven and leave in the tray for about 10 minutes, covered with a clean tea towel.
- Remove from the tray and sprinkle with icing sugar.

It is best to mix the batter by hand and avoid over mixing it.

Dried apricots are high in Vitamin A, Potassium, Iron, Folate and Fibre. Just the sweet treat that is nutritious and good enough to eat!