

Bakers Banquet



Crunchies

Ingredients

1 1/2 heaped cups (275 grams) all-purpose flour
1 cup (110 grams) rolled oats
3/4 cup (175 grams) granulated sugar
1 cup (85 grams) unsweetened dried coconut flakes
1/4 teaspoon salt
2 sticks (220 grams) unsalted butter
2 heaped tablespoons golden syrup or light corn syrup
1 teaspoon baking soda

Directions

Preheat the oven to 300°F. Spray a 9 x 12 inch pan with baking spray. Make a sling out of parchment paper, lining the bottom of the pan, but with plenty of overhang.

In a large bowl mix together the flour, oats, sugar, coconut, and salt

In a medium saucepan melt the butter and golden syrup (or corn syrup) together over medium heat. When it is melted turn off the flame and add the baking soda. The mixture will froth a bit.

Once it froths, pour it into the dry ingredients and mix well with a wooden spoon.

Spoon the mixture into the prepared pan, and smooth the top. Do not compress the mixture, just try to spread it out. Bake for 30 minutes or until it is a deep golden color. Allow to cool for 10 minutes before removing them from the pan by picking up the parchment flaps. Place on a cutting board. Cut into squares. I used a pizza cutter to cut even squares.

Bakers Banquet



Place the cut squares on a baking pan and put them back into the **now turned off oven**. Leave them in there for 2 hours, or until crunchy.