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by Liz Robb

Oat, Almond and Raspberry Crunch



Ingredients

100g porridge oats
40g ground almonds
60g plain wholemeal flour
One and a half teaspoons of baking powder
A sprinkling of cinnamon
20g toasted flaked almonds
180g butter
100g soft brown sugar
1 tablespoon of golden syrup
1 teaspoon of almond extract
75g fresh raspberries

Preparation

1. 1. Preheat the oven to 170 degrees, 150 degrees fan oven. Lightly grease a medium sized oven tray that would be deep enough for flapjack and line with baking parchment.
2. 2. Roughly chop the toasted almonds. Wash and chop the raspberries
3. mine were large ones so I cut each one into 3 or 4 pieces.
4. 3. Pour the oats into a large bowl and add the ground almonds and wholemeal flour then mix well together. Sprinkle in the baking powder and cinnamon and stir well.
5. 4. Cut the butter into small pieces and place it in a large saucepan with the soft brown sugar, the golden syrup and the almond extract. Heat it gently and stir until the butter has melted, the sugar has dissolved and everything is well mixed together.
6. 5. Turn off the heat under the pan and gradually stir in the oat mixture with a wooden spoon until everything is mixed together. Add the toasted almonds and the chopped raspberries and very gently fold them in.
7. 6. Spoon the mixture into the prepared tin, gently pressing it down to spread it and levelling the surface. Bake in the preheated oven for about 30 minutes, or until it turns golden brown and is beginning to come away from the edges of the tin.
8. 7. Allow to cool in the tin for a few minutes then mark into slices with a sharp knife. When

it is completely cold, cut along the score marks and lift out the slices. Store in an airtight container

9 they will keep well for several days.

Cooks Note