



Date Squares

Ingredients

- 250 pack of dried dates
- 200ml water
- 250g butter
- 30 ml of honey
- 175g plain whole meal flour
- 1 tsp baking powder
- 200g Harraways Rolled oats

Method

1. Place the dates in a small pan with the water and simmer gently, cook until soft, remove from heat and allow to cool.
2. Melt the butter and honey.
3. Add the flour, baking powder and oats
4. Stir together
5. Grease a 20 cm x 20 cm tin or try
6. Press half the mixture into the base of the tin
7. Spread the date mixture on the top
8. Finally, top with the rest of the dry mixture

Bake for 30 minutes at 175C.

Allow to cool before cutting into pieces.

Leave in the tin until cooled.

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