



APPLE & COCONUT SLICE



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Preparation 25 mins | Cooking 40 mins | Serves 8

When Golden Delicious apples are out of season use Granny Smith apples.

- 1 cup plain flour
- ¾ cup caster sugar
- 2½ cups desiccated coconut
- 100g butter, melted
- 1 kg Golden Delicious apples, peeled, cored and sliced
- 1 tsp ground cinnamon
- 3 free-range eggs, lightly beaten
- Icing sugar, for dusting

STEP 1 Preheat oven to 180°C/160°C fan-forced. Grease and line an 18cm x 28cm x 2-3cm deep baking pan with baking paper.

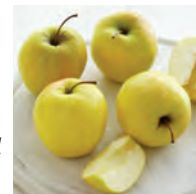
STEP 2 Combine flour, ½ cup caster sugar, ½ cup coconut and butter in a medium bowl and mix well to combine. Press mixture evenly into pan base. Bake for 12-15 minutes until light golden.

STEP 3 Meanwhile, place apples and cinnamon in a wide large microwave-safe dish. Cover and microwave on high/100% for 8-9 minutes or until almost tender but still holding their shape. Stand for 5 minutes. Uncover, drain excess juice and set aside to cool slightly. Spoon apples over the warm biscuit base.

STEP 4 Lightly beat eggs in a medium bowl. Add the remaining ¼ cup caster sugar and 2 cups coconut and mix until well combined. Spread coconut mixture over apples, pressing down firmly. Bake for 20-25 minutes until golden. Set aside to in the pan. Dust lightly with icing sugar, slice and serve.

Good for you... APPLES

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.



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