

# Now you can make your own Nut Munch



*We bake our Nut Munch on a large tray until it caramelises into a brittle. We aren't normally so prim and proper about the measurement of our ingredients but the proportions have to be accurate with this recipe or the Nut Munch won't be munch-y! This recipe makes about 4 little bags of Nut Munch.*

#### **INGREDIENTS**

**75g golden syrup**

**35g vegetable oil**

**25g honey**

**100g rolled oats**

**50g whole almonds**

**50g desiccated coconut**

**40g pecan nuts**

**25g soft brown sugar**

**25g coconut flakes**

#### **MAKING YOUR NUT MUNCH**

1. Heat the oven to 180-190°C/ 350-375°F/ gas mark 4-5.
2. Gently heat the golden syrup, vegetable oil and honey until runny.
3. Mix the rest of the ingredients in a large bowl.
4. Add the golden syrup, oil and honey and stir until all the ingredients are coated.
5. Turn the mixture out onto a baking tray and flatten down to about 3cm.
6. Bake for around 45 minutes until ingredients are nicely toasted (careful it doesn't burn).
7. Turn out immediately onto a wire rack (don't worry if pieces break off, they are supposed to!).
8. Once your Nut Munch is cool, it needs to be broken up into chunky, irregular pieces (you can either do this by hand or with a blunt instrument of your choice!). You can store for up to 2 weeks in an airtight container.



**PASSIONATE ABOUT FOOD**