



Traffic light category: **Green**

Serves: 8-10

## Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- 6 tablespoons chopped nuts (walnuts and pecans work best)
- ¼ teaspoon ground cinnamon
- 100g honey, heated

## Method

1. Preheat oven to 200°C
2. Mix all dry ingredients together in a large bowl
3. Add hot honey and mix well
4. Spread mix onto a lined baking sheet
5. Bake for 15 minutes or until golden and crisp
6. Allow to cool, store in airtight container.

Serve with  
reduced fat  
yoghurt and  
fresh fruit

*Recipe adapted with permission from the  
Western Australian School Canteen Association Inc.*

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