



# COCOA CRUNCH

Preparation time: 10 minutes  
Cooking time: 35-40 minutes  
Use: large roasting tin or baking tray  
Makes: 750g (1lb 2oz)

- 250g (9oz) sugar
- 100ml (3 1/2 fl oz) water
- 50ml (2fl oz) vegetable oil
- 75g (3oz) milk chocolate, preferably 34% cocoa solids, chopped
- 2 teaspoons honey
- 375g (13oz) oats
- 110g (4oz) Rice Crispies (or puffed rice cereal)
- 25g (1oz) desiccated coconut
- 30g (1oz) cocoa powder

Preheat the oven to 180°C/350°F/gas mark 4.

Line a large baking tray with greaseproof paper or baking parchment.

Melt the sugar in the water over a low heat to make a syrup without caramelising it. Remember not to stir or disturb the sugar and water mixture at all while it is melting. Allow the syrup to cool until warm and then melt the vegetable oil and chocolate in the syrup. Add the honey to the syrup and mix well.

In a large bowl mix together the oats, Rice Crispies, coconut and cocoa together. Add the syrup mixture to the dry ingredients and mix thoroughly. Spread the mixture on to the prepared baking tray to a thickness of about 1cm (1/2in).

Bake for about 35-40 minutes, and using a fork, turn the Cocoa Crunch regularly. Be careful not to crush it into fine crumbs though; it should remain as chunks, like a granola.

It is better to undercook the Cocoa Crunch as it will burn easily, especially around the sides of the baking tray, so do watch it.



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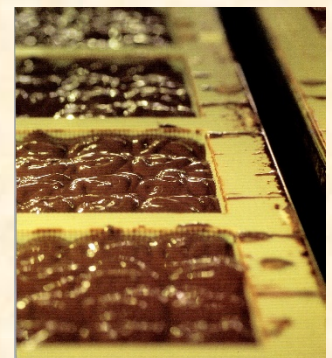
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From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career both as a Fine Dining Chef and as a Hospitality Consultant.

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