

# Festive Coconut Crunchies

These Christmas crunchies are rich in vitamin A, fiber, and healthy fats, all of which can help support immune function and skin health—important factors in the care of people with leprosy. Make them with your loved ones and enjoy a treat that's as good for your health as it is delicious!

## Ingredients

- 1 cup rolled oats
- 1/2 cup grated carrots (for a vitamin A boost)
- 1/4 cup desiccated coconut
- 1/2 cup whole wheat flour
- 1/4 cup honey or brown sugar
- 1/3 cup melted coconut oil or butter
- 1/4 teaspoon cinnamon
- 1/2 teaspoon baking powder
- Pinch of salt



## Instructions:

1. Preheat the Oven: Set your oven to 180°C (350°F).
2. Mix Dry Ingredients: In a large bowl, combine the oats, grated carrots, coconut, whole wheat flour, cinnamon, baking powder, and salt.
3. Add Wet Ingredients: Pour in the melted coconut oil (or butter) and honey, stirring until the mixture is well combined and sticky.
4. Press & Bake: Press the mixture into a greased baking dish, flattening with a spatula. Bake for 15-20 minutes or until golden brown.
5. Cool & Serve: Allow to cool before slicing into squares.

## Enjoy & share:

Serve these crunchy bites with your family over Christmas, celebrating the gift of health and togetherness. Vitamin A-rich foods like carrots are vital for immune support.

## Gift idea:

These crunchies make a wonderful, thoughtful gift! Simply place them in a glass jar, tie a festive ribbon around the lid, and you have a cost-effective, delicious Christmas present to share with loved ones.



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