

Flapjacks

Delicious and nutritious recipe

Ingredients:

2 handfuls of chopped apricots and raisins

250g jumbo oats or fine oats like Ready brek to make a softer texture

125g butter or margerine

80g brown sugar

2 tbsp seeds - could be pumpkin, chia, etc. (optional)

2 tbsp syrup - can be any syrup, golden/maple/date/etc can also use apple puree

Method:

1. Line a baking tray with greaseproof paper or grease with butter or margerine.
2. Mix all ingredients in a large bowl and spread into the lined tray.
3. Bake at 190 degrees for approx. 15-20 mins until brown.
4. Cut into portions and cool.

“ This recipe is ideal to provide a high level of energy, protein and fibre as well as a good source of iron and other vitamins and minerals. Oats are a great source of protein, slow release energy and soluble fibre which is helpful to keep bowel motions regular. It is soft to bite and chew and can be personalised with different dried fruits, dark chocolate drops, cocoa powder, milled seeds, etc.”

