

FEEL GOOD FLAPJACKS

recipe by kate elizabeth

Another super easy recipe that is highly adaptable to what you have in the cupboard. These flapjacks are full of energy and fibre. There are a few alternative suggestions if you do not have the exact ingredients at the bottom of the page. The perfect go to snack for any time of day, whether it is a quick breakfast on the go, a mid workout boost or with a cup of coffee and a good book!



Ingredients :

200g rolled oats
50g plain flour*
4tbsp dessicated coconut
1tbsp sunflower seeds**
1tbsp pumpkin seeds
100g dried fruit of choice (chopped)***
1tsp salt
1tsp cinnamon
1 small apple - grated
3tbsp coconut oil****
2tbsp nut butter*****
4tbsp maple syrup*****

Optional topping:
dark chocolate

Method :

Preheat the oven to 160°C/Gas mark 3

1. Combine all dry ingredients in a large mixing bowl.
2. In a saucepan, add the coconut oil, grated apple, nut butter and maple syrup and stir until melted and mixed together.
3. Pour the wet ingredients into the dry ingredients and mix thoroughly until all combined.
4. Pour mixture into a lined 20cm square baking tin.
5. Cook in the middle of the oven for 30mins, remove and cover with tinfoil before returning to the oven for a further 15-20mins.
6. Optional - melt some dark chocolate and drizzle over the top for added luxury!
7. **Slice and Enjoy!** (you should get about 12 pieces...)



* You can substitute regular plain flour for Gluten Free plain flour or any flour of choice - the addition of flour gives it a slightly more gooey texture.

** Any nuts or seeds can be used in place of the sunflower and pumpkin - these are staple in my cupboard so I like to use them.

*** Any chopped up dried fruit will work for this, raisins apricots, dates, cranberries...

**** Coconut oil can be replaced with butter

***** Peanut or Almond butter both work well in this recipe. I haven't tried any others but they most probably would work just as well.

***** Golden syrup or honey also work well in this recipe