

Flapjacks



Notes

Makes 15-20 depending on how big you cut them up! These are a great way to use up bits of granola or muesli that always end up in the bottom of the bag.

Use a baking tin approx. 30cm x 20cm x 4cm. Line with baking parchment or silicon baking mat to make it easy to cut up without marking the tin.

Oven temp 180°C, fan oven.

Ingredients

200g Butter

60g Sugar

3Tbs Honey

450g Rolled oats + Additions

I use 300g rolled oats, 60 – 80g quinoa flakes, 70-90g other flavours such as the ends of cereals, mixed seeds, chopped apricots, dried cranberries, nuts

Method

Melt butter sugar and honey in a large saucepan.

Mix the oats and other ingredients into the melted butter, ensure

Press into the prepared tin

Bake at 180°C for approx. 20 minutes until golden brown

Leave to cool for about 10 minutes then, still in the tin, cut into squares.

When almost cool prise the flapjacks out of the tin, they should separate easily, and allow to finish cooling on a rack.

Extra thoughts

These also work well with Gluten Free oats

Any sugar is fine, refined sugar tends to be more sweet tasting so experiment with what works for you. I like a mix of soft brown sugar and golden caster sugar for a deeper flavour without getting too much of a treacle taste.

Quinoa flakes give a bit of extra protein, and also a variety of flake sizes