

Healthy Flapjacks



Make 16 portions

Equipment used: Bosch Food Processor, Bosch Oven

Ingredients

200 g oats

150 g dates chopped, you can also use chopped apricots or other dried fruit

40 g mixed seeds

1 lemon zested

½ lemon juiced

1 apple. Peeled & grated

1 tablespoon honey

100 g butter

Method

Preheat the oven to 180°C. Grease a 20cm square cake tin and line with baking paper.

Place the oats, dried fruit, lemon juice and zest and the grated apple into a food processor. Pulse until broken down and well combined. Set aside.

Place the honey and butter into a saucepan and heat gently until melted.

Scrape the oat and dried fruit mixture into the saucepan along with the seeds and stir well. Making sure that all the dry mixture is completely coated in the oil mixture.

Pour into the prepared tin and use a spatula to press into the tin, making sure that you press down really well so that the flapjacks hold together.

Place in the pre-heated oven and bake for 20 minutes until starting to turn brown. Remove from the oven and cut into slices in the tin using a sharp knife.

Leave to cool completely in the tin then cut again before removing from the tin.