

## Healthy Eating - Recipe 2

Always hungry? When is it snack time? Bored of the same cereal?

Well making these delicious Blueberry breakfast flapjacks could be the answer!

### Ingredients

- 80g Blueberries
- 35g Whole meal flour
- 25g Caster sugar
- 35g Oats
- 25g Butter



### Joke

Why didn't the skeleton not  
want to play football?  
Because his heart wasn't in it!



- 1) Wash your hands and measure out your ingredients
- 2) Squish the blueberries in a bowl using a fork and set aside
- 3) Mix together using your fingertips the oats, butter, sugar and flour
- 4) Grease a tin with a little butter and add half of your oat mixture pressing it firmly into base of the tin.
- 5) Add in your blueberries then the last remaining oat mixture
- 6) Ask your adult to place the tin into a pre heated oven at 160-/gas 4 for 20 minutes
- 7) Once removed from the oven slice whilst still warm and enjoy once cooled



Did you know that this recipe has not just one but two superfoods? Blueberries have the highest antioxidant value of any fruit, protecting our brain function, inflammation fighting and not to mention being full of vitamin C, providing us with a long lasting energy boost. Meanwhile Oats contain Omega-3 fatty acids that help our bodies to absorb vitamins, they are fibre rich and can lower levels of bad cholesterol to keep our heart healthy.



### Measure your heart rate

Place 2 fingers on the inside of your left wrist, underneath the thumb whilst gently pressing down. Count the beats in 15 seconds then X4

\* Average beats per minute age 7-9: 70-110 per minute

\* Average beats per minute age 10 or older: 60-100 per minute

