

Healthy Eating – Recipe 1

Healthy flapjacks for kids

These healthy flapjacks are free from refined sugar and are perfect for kids. They make great picnic or lunchbox fillers, or a healthy dessert for small people.

Prep Time 15 minutes

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Cook Time 20 minutes

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Servings 9

Ingredients

200g oats

150g dates, raisins or other chopped dried fruit* eg apricots

40g desiccated coconut or seeds eg sunflower, pumpkin seeds

zest of a lemon

juice of half a lemon

1 apple grated (peeling is optional)

1 tbsp maple syrup or honey remember no honey for under ones

100 butter, dairy free spread, sunflower oil or coconut oil Or you can use a mix of the two eg

60g butter and 40g sunflower oil



Recipe Notes

*If your fruit is very dry
soak in boiling water
for 10 minutes before
draining and proceed-

Instructions

- * Preheat the oven to 180°C(fan)/200°C/gas mark 6. Grease a 20cm square cake tin and line with baking paper.
- * Place 200g oats, 150g chopped dates or raisins, 40g desiccated coconut, juice of half a lemon, zest of a whole lemon and one grated apple into a food processor or high powered blender. Pulse until broken down and well combined. Set aside.
- * Place 1 tbsp of honey or maple syrup with 100g of butter or oil into a medium saucepan and heat gently until melted.
- * Scrape the oat and raisin mixture into the saucepan and stir well. Make sure that all the dry mixture is completely coated in the oil or butter mixture.
- * Pour into the prepared tin and use a rubber spatula to press into the tin. Make sure that you press down really well as this will help the flapjacks hold together. To be really sure they're pressed down well you could lay a sheet of baking paper over the top and use the side of a glass or small rolling pin to press down the mixture.
- * 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.