

FLAPJACKS



INGREDIENTS: (makes 9)

150ml coconut milk
2 very ripe mashed bananas
150g whole rolled oats (about 2 handfuls)
Handful of chopped mixed nuts & seeds
1 heaped teaspoon of cinnamon
1 tablespoon of cocoa powder
Handful raisins &/or cranberries
1 tablespoon honey
1 tablespoon peanut butter
2 tablespoons ground flaxseed

A healthy alternative to the more traditional flapjack. Our version is packed with nuts, seeds, and oats, perfect for snacking on anytime or just popping into lunchboxes.

HOW TO MAKE IT:

- Mix all the ingredients together in a large bowl
- Keep mixing until the mixture has combined
- Place evenly (about 2-3cm thick) onto a greased-lined baking tin or into cookie shaped blobs for yummy cookies
- For a soft and chewy flapjack, bake at 170 degrees C for about 30 minutes until a light-golden colour. Give it a bit longer if you prefer a crispy, well-cooked flapjack
- Cut into squares, then leave to cool completely before removing from the tin
- The flapjacks will keep in an airtight tin for up to 10 days

TOP TIP

As a post exercise snack you can add a scoop of raw hemp powder for extra protein.

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