

## 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.*