

## Seed and Nut Flapjacks

by Derval O'Rourke

*Flapjacks are great for an energy boost. The oats are full of fibre-rich complex carbohydrates and the nuts are full of protein. This combination will keep you fuller for longer. These flapjacks are far more economical than shop-bought energy bars and will keep for several days in an airtight container in the fridge.*

*You can even bake a big batch, then wrap and freeze individual flapjacks. When you are on the go just grab one from the freezer and bring it in your bag so that you have a healthy treat readily available.*



## INGREDIENTS

Makes 12

- 6 ripe bananas, mashed
- 120ml maple syrup
- 2 tbsp coconut oil, melted
- 240g porridge oats
- 100g dried fruit (dates and apricots work well)
- 60g ground flaxseed
- 60g hazelnuts, chopped
- 60g pecans, chopped
- 60g pumpkin seeds
- 60g sunflower seeds

## METHOD

1. Line a 33cm x 23cm metal baking tin with parchment paper so that the paper overlaps the sides. Preheat the oven to 180°C/350°F/gas 4.
2. Use a food processor or whisk to mix the bananas, agave syrup and coconut oil. Combine the remaining ingredients in a large bowl.
3. Add the banana mixture to the dry ingredients and stir well. Put the mixture into the prepared tin and spread out evenly, pressing down with the back of a spoon.
4. Bake for 20 minutes, until the top is golden brown and firm. Remove from the oven and leave to cool for about 30 minutes.