

Maple and Seed Flapjacks

by *The Happy Pear*



INGREDIENTS

40g Desiccated Coconut
70g Ground Flaxseeds
160ml Maple Syrup
200g Porridge Oats
40g Raisins
1 pinch Salt
40g Sesame Seeds
40g Sunflower Seeds
40g Pumpkin Seeds
160ml Sunflower Oil

METHOD

1. Preheat the oven to 140°C.
2. In a bowl, mix the oats with the oil until fully coated.
3. Add all remaining ingredients into the bowl and mix well.
4. Line a standard baking tray (20cm x 30cm x 6cm high) with baking parchment.
5. Roll out the mix on a flat baking tray, making sure it is around 2.5cm/ 1in thick. Ensure to compact it well so that it stays together once baked.
6. Bake in the oven for 30 - 40 minutes and leave to cool before cutting.