

Sally's Fruity Flapjack

Ingredients:

250g Oats
45g Coconut Oil
40g Butter (use all Coconut Oil for Healthier/Vegan option)
100g Syrup
25g Chopped Dates
175g Chopped Mixed Fruit & Nuts - cranberries, dried banana, raisins, dried tropical fruits, peanuts, almonds, pecans, & hazelnuts
1 Stem Ginger - finely diced
2 TBSP Ginger Syrup
1 Egg (use extra 25g syrup instead for Vegan option)
150g Dark Chocolate Chips
1 TSP Sea Salt Flakes

Step 1.

Melt Oil, Butter & Syrup in a saucepan over a low heat and add Stem Ginger and Ginger Syrup along with Chopped Dates. Mix together until the dates have softened.

Preheat oven to 170°C



Step 2.

In a large bowl add Oats and Chopped Fruit & Nuts to the Syrup Mixture and mix thoroughly until evenly coated



Step 3.

Once the mixture has cooled slightly add your egg.
Work fast so not to scramble your egg.



Step 4.

Line a baking tray with baking parchment, and spread the mixture firmly and evenly before baking in the oven for 25 minutes or until golden.

Step 5.

Remove the baked flapjack from the oven and top with the chocolate chips and flaked sea salt. Smoothen out the chocolate for an even finish

