

Flapjacks

Ingredients – makes roughly 12

- 50g Butter
- 2 tbsp peanut butter
- 3 tbsp honey
- 2 ripe bananas
- 250g oats
- 150g dried fruit (raisins etc)
- 1 chocolate bar (standard size, e.g. dairy milk optional)
- 80g mixed seeds or chopped nuts, or a mixed of both (optional)



Method

Pre Heat oven to 160C/140C fan/gas 3.

Grease and line a 20cm square tin with baking parchment. Heat both butters and honey in a small pan until melted. Add the mashed bananas, 100ml hot water, and mix to combine.

Pour the oats, dried fruit and seeds into a large bowl.

Pour in the combined banana mixture and stir until everything is coated by the wet mixture.

Tip into the cake tin and level the surface. Bake for 55 mins until golden.

Leave to cool in the tin.

Cut into desired portions, eat straight away or store in an airtight container.

Flapjacks will last up to three days