

Healthy Flapjacks

Ingredients needed:

- 350g rolled oats- Essential to use rolled oats rather than quick-cooking oats as they wider and flatter.
- 150g butter- To hold the bars together.
- 150g brown sugar- It's less refined than white sugar.
- 3-4 tbsp golden syrup- you can use honey or maple syrup instead too.
- 125g trail mix- Any kind of fruit and nut mix.
- 1 tsp vanilla - Adds sweetness and compliments the flavours (optional)

Step-by-step instructions:

- 1) Before you begin, line a square baking tin (9x9 inch) with non-stick baking paper and preheat your oven to 150°C.
- 2) In a pan heat the butter, brown sugar and golden syrup (or honey) on a low heat until everything is melted and well combined.
- 3) Then, add the rolled oats to the pan and mix until the oats are fully coated in the butter and sugar mix. After that, stir the trail mix or dried fruits and nuts in the pan.
- 4) Next, pour the flapjack mixture into the baking tin and firmly press down into all corners. Bake in the preheated oven until the top is golden brown and beginning to crisp around the sides.
- 5) Finally, remove the tin from the oven and let it fully cool down before slicing the flapjacks.

