

Apple and Cinnamon Flapjacks

Easy to make and a healthier version compared to shop bought flapjacks which usually contain refined sugar. Using coconut sugar as an alternative is more beneficial than refined sugar as it has a lower glycaemic index contributing to stable energy levels.

Ingredients

4 apples (cored and chopped)
150g coconut sugar or honey
150g coconut oil or unsalted butter
2 tbsp ground flax seeds
300g oats
75g pecans
2 tsp cinnamon

Method

- *To stew the apples, place them in a small saucepan with 4-5 tbsp of water. Simmer gently with the lid on until they have softened and can be mashed down into a puree (you may need to add more water as they cook so they don't dry out and stick to the bottom of the pan...keep an eye on them).
- *Meanwhile, in a large bowl melt the coconut oil or butter, add the other ingredients and stewed apple and combine thoroughly.
- *Place the mixture in a lined baking tray (20 x 20cm works well) and flatten down.
- *Bake for approx. 20-25 minutes in the oven (160°C fan) until lightly browned.

Recipe notes

The flapjacks can be kept in an airtight container for a few days or frozen for when needed.

You could use an extra apple to garnish the top, simply cut into thin slices and place in rows on top before baking.



Serves : 20
Prep: 20 mins
Cook: 25 mins



Nutrition per serving:
Cals: 206
Protein: 3g
Carbs: 24g
Fat: 12g