

# Fruit and Nut Flapjacks

Quick to make, delicious, buttery flapjacks with added goodness of nuts and flaxseeds providing some healthy fats and micronutrients. Oats are also a great source of fibre, supporting digestive health.

## Ingredients

175g melted good quality butter  
175g coconut sugar (or light brown sugar)  
300g rolled oats  
100g chopped nuts (any type)  
3 tbsp flax seeds  
50g raisins  
1 tsp vanilla essence (optional)  
1 tsp cinnamon (optional)

## Method

\*Simply mix the sugar into the melted butter until it dissolves, add the rest of the ingredients and combine well.

\*Press the mixture into a lined baking tray and bake for 20-25 mins at 200°C until browned.



## Recipe notes:

You can use any nuts or swap the raisins for chopped dates or dried apricots. They keep for a week in an airtight container or can easily be frozen.



Serves : 20  
Prep: 5  
Cook: 25



Nutrition per serving:  
Cals: 193  
Protein: 3g  
Carbs: 17g  
Fat: 11g