

# BLUEBERRY FLAPJACKS



## QUICK

4 mins 30 secs  
prep time !

## HEALTHY

Blueberries contain fibre, vitamins C, K and B6, and phosphorous & manganese. Eat more!

## FAMILY

Makes 20-25

## MEALS

These flapjacks contain 2/3 less 'sugar', and less than 1/2 the quantity of 'butter' found in 'normal' flapjacks. This makes them a much healthier flapjack

## INGREDIENTS

- 100g coconut oil
- 180g rolled oats (not jumbo)
- 100g ground almonds
- 20g chia seeds – (can swap for 20g oats)
- 250g blueberries
- 3.5 tbs maple syrup (67g)
- 1 tsp vanilla extract
- Pinch of salt
- Greaseproof paper

## METHOD

- 1) Put the oven on to 180°C
- 2) Melt the coconut oil and maple syrup together in a saucepan
- 3) In a large bowl mix all of the other ingredients, oats, chia seeds, ground almonds, vanilla extract and salt. Add the blueberries last
- 4) Pour the melted oil and syrup over and mix well.
- 5) Pour into a tin (approx. 27 x 23cm) lined with greaseproof paper
- 6) Press down with a spoon – this will help it stick together when cooked
- 7) Cook for about 30 mins at 180°C until golden brown
- 8) Leave to cool then put in the fridge to cool before cutting – it will make them much easier to cut.
- 9) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)