

RASPBERRY FLAPJACKS



QUICK

4 mins 30 secs
prep time !

HEALTHY

Raspberries contain fibre,
vitamins C, K and B2, and
magnesium & 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
- 280g rolled oats (not jumbo)
- 20g chia seeds – (can swap for 20g oats)
- 250g raspberries
- 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 the oats, chia seeds, vanilla extract and salt.
- 4) Pour the melted oil and syrup over and mix well.
- 5) Add the raspberries and mix again
- 6) Pour into a tin (approx. 27 x 23cm) lined with greaseproof paper
- 7) Press down with a spoon – this will help it stick together when cooked
- 8) Cook for about 30 mins at 180°C until golden brown
- 9) Leave to cool then put in the fridge to cool before cutting – it will make them much easier to cut.
- 10) Enjoy



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com