

## Flapjack Recipe

They last for days, they are cheap to make and they are good for you. What could be better than a great flapjack for that lunchtime snack!

### **Ingredients**

Brown Sugar - 80g  
Butter - 40g  
Margarine - 60g  
Oats - 250g  
Salt - pinch  
Banana - 1  
Honey - 3tbsp

### **Making Method**


1. Melt the butter and the Margarine in a deep saucepan over a very low heat
2. add the brown sugar and 3 tablespoons of honey and mix well until you have a liquid substance.
3. Mix in the oats, if you find it easier add them in gradually stirring and covering the oats with the mixture
4. add a pinch of salt.
5. Mash the banana into a liquid pulp and mix into the oats (this will take a good few minutes to ensure that the banana is fully mixed in).
6. Get a knife and spread the oats evenly over a baking tray.
7. Place the baking tray onto the middle shelf in a preheated oven (gas mark 5, 220 C) and bake for 15 minutes, checking the progress regularly. Take out when the mixture starts turning a darker colour.
8. Stand for a minute or two, cut the flapjack into as many pieces as you wish
9. You may find it best to leave the flapjack for a few hours to cool down although you can eat them straight away.

Serves: 12-15 pieces

Total Preparation Time: 15 minutes

Total Cooking Time: 15 minutes

## The basic ingredients

Ingredient	Measurement	
Brown Sugar	80g	
Butter	60g	
Margarine	40g	
Oats	250g	
Salt	Pinch	
Fruit	Banana, Cranberries or Strawberries	
Golden Syrup	2 tablespoons	

1. Melt the butter and the Margarine in a deep saucepan over a low heat
2. add the brown sugar and 2 tablespoons of golden syrup and stir in until you have a brown paste
3. add in the oats, if you find it easier add them in gradually stirring and covering the oats with the paste
4. add a pinch of salt and continue to stir
5. Mix in the fruit of your choice, as much as you feel is necessary
6. spread the mixture evenly over a non stick baking tray (or a greased baking tray).
7. Place the baking tray onto the middle shelf in a preheated oven (gas mark 5, 220 C) and bake for 15 minutes, checking the progress regularly. Take out when the mixture starts turning a golden brown.
8. Stand for a minute, then score the mixture with a knife into you portions
9. Cover the tray and leave for a few hours to cool and let the ingredients further mix together.
10. Voila, serve the flapjack to you friends and bask in glory and this great accomplishment.

Preparation Time: 15 Mins

Cooking Time: 15 Mins

Tip: Remember, some fruit is not necessarily meant to be cooked so be careful when it is in the oven.

## Muesli Bars

Homemade muesli bars  
Choc-chip and Sultana Muesli Bars

1 cup flour  
1 cup rolled oats  
1 cup sunflower seeds and pepitas  
1 cup mixed fruit and diced dried apricots and dried pineapple  
1 cup brown sugar  
2 tablespoons golden syrup  
1/2 cup butter or marg  
3/4 cup shredded coconut  
melt butter and golden syrup- add a little hot water  
mix other ingredients together- add the melted butter- add some more water if needed  
roll into balls and place on baking tray- press them flat- bake at 180 deg until golden brown

Time Required: 40 min + chilling time  
Makes about 16 bars.

3 cups toasted muesli  
2 cups rice bubbles  
1/4 cup choc chips  
1/2 cup sultanas  
90g butter  
1/2 cup honey  
3/4 cup apple juice  
1/2 cup raw sugar  
50g Nestle Melts Dark, melted and cooled

1. Combine the muesli, rice bubbles, choc chips and sultanas. Place the butter, honey, apple juice and raw sugar in a small pan.
2. Bring to the boil and stir until butter has melted and the ingredients are combined. Simmer for 12 min over a medium heat, or until thick and syrupy. Ensure the mixture does not catch.
3. Cool syrup for 5 min and then pour over the dried ingredients. Mix well, press into a lined 20 x 30cm shallow baking or laminton pan and cut into bars with an oiled knife. Chill until set.
4. Break or cut into bars, using original cuts as a guide. Drizzle with a little melted chocolate. Store refrigerated in an airtight container.

Suitable for children ages over 5  
STORAGE TIME: 6 days refrigerated in an airtight container.

## **KIT BAG CARBS**

Dried Fruit  
Nutrigrain or Fruesli bars  
Lyme Lite Apple / Strawberry filled bar  
Rice Krispie Squares  
Pop Tarts  
Go Ahead Fruit / Cake bars  
Jaffa Cakes  
Fig Rolls  
Mullerice  
Ambrosia Creamy Crunch Custard & Cocoa Puffed Rice / Strawberry  
Crunch  
Malt Loaf  
Scones  
Pancakes  
Scotch Pancakes  
Bagels