



## Rotary Club Prague International



A very healthy snack - flapjacks

### Ingredients

150 gm butter

350 gm rolled oats

300 gm mixed dried fruit, nuts and seeds according to taste

I've used raisins, apricots, crystallised ginger, cranberries, prunes.. [Cut larger fruits into small pieces. ]

Nuts including hazel nuts, walnuts, almonds, pumpkin seeds, sunflower seeds, pine nuts, linseed, coconut. [Again break larger nuts into smaller pieces.]

1 x egg

200 gm of honey+ and/or maple syrup, or golden syrup/treacle if you like it sweet.

### Method

Melt butter in a large pan on low heat, mix in honey++

Remove from heat and add fruit, nuts, seeds oats.

Mix well and then add the egg.

When well mixed press down into a lined pan or tray-about 230 X 320. You need to press down really well to get the oats to stick together.

Bake at 200° or 180° in fan oven for about 15 – 20 mins. (Edges will start to overcook first)

After removing, partly cut while still warm, allow to cool, then cut into slices.

Enjoy within a week and don't be surprised if they are a bit crumbly!

Gerry