



FRUITY FLAPJACKS

Ingredients:

- 100G BUTTER
- 100G HONEY
- 50G MIXED SEEDS
- 100G DRIED FRUITS OF CHOICE
- 250G PORRIDGE OATS
- 1 EGG
- CINNAMON

Method

- MELT THE BUTTER AND HONEY IN A PAN OVER A LOW HEAT AND MIX UNTIL COMBINED.
- TAKE THE PAN OFF THE HEAT AND MIX IN THE OATS & SEEDS UNTIL WELL COMBINED.
- GENTLY STIR IN A PRE-WHISKED EGG.
- ADD YOUR DRIED FRUITS & CINNAMON & MIX WELL.
- PRESS YOUR MIXTURE INTO A DEEP-DISH BAKING TRAY OR CERAMIC DISH.
- BAKE AT 180C FOR 18-25MINS UNTIL GOLDEN BROWN.

FRUITY FLAPJACKS

Nutritional Information

HONEY - FANTASTIC SUBSTITUTE FOR RAW SUGAR. HONEY HAS MIRACULOUS HEALING PROPERTIES, CLAIMING THAT IT CAN PREVENT CANCER AND HEART DISEASE, REDUCE ULCERS, EASE DIGESTIVE PROBLEMS, REGULATE BLOOD SUGAR, SOOTHE COUGHS AND SORE THROATS, AND INCREASE ATHLETIC PERFORMANCE.

SEEDS - SEEDS ARE GREAT SOURCES OF FIBER. THEY ALSO CONTAIN HEALTHY MONOUNSATURATED FATS, POLYUNSATURATED FATS AND MANY IMPORTANT VITAMINS, MINERALS AND ANTIOXIDANTS.

FRUITS - WELL, WE ALL NEED OUR 5-A-DAY! A GREAT SOURCE OF NATURAL SWEETNESS.

OATS - OATS ARE AMONG THE HEALTHIEST GRAINS ON EARTH. THEY'RE A GLUTEN-FREE WHOLE GRAIN AND A GREAT SOURCE OF IMPORTANT VITAMINS, MINERALS, FIBER AND ANTIOXIDANTS.

EGGS - THE PROTEIN POWER-HOUSE, VITAMIN D & CHOLINE, A GREAT AID TO BONE HEALTH, IMMUNE SYSTEM FUNCTION, METABOLISM AND LIVER FUNCTION.

CINNAMON - THE ANTIOXIDANTS IN CINNAMON HAVE BEEN FOUND TO HAVE GREAT ANTI-INFLAMMATORY EFFECTS. IT'S ALSO A FANTASTIC TOOL FOR GUT HEALTH.