

FlapJacks



- 1 cup oats
- 2 cups of mixed dried fruit, chopped small. I always add dates as they add sweetness as well as apricots, sultanas, goji berries but any dried fruit you like is good.
- 3 tablespoons agave syrup or honey
- ½ cup chopped nuts of your choice
- ½ cup mixed seeds of your choice
- 2 tablespoons coconut oil

Pre heat the oven to 140°C and prepare a square baking tin by lining it with baking paper, greasing it or if you are using a silicone tray – you don't need to do anything.

Melt the coconut oil, fruit and syrup/honey in a pan. Turn off the heat and add all of the other ingredients and mix well to make sure everything is coated well.

Tip this into your baking tin and press down firmly. Bake in the oven for 35-40mins or until the oats turn golden brown.

Remove, cut into squares (you should get about 12 pieces) and store in an airtight container.