

BLUEBERRY & HONEY FLAPJACKS



Moderate



40 minutes



Dessert/Snack



12 servings

INGREDIENTS

200g butter
200g caster sugar
150g runny honey
425g porridge oats
¾ tsp ground cinnamon
punnet blueberries, washed
and lightly mashed
75g sunflower seeds
75g brazil nuts, chopped



COOKING STEPS

Heat the oven to 180C, 160C fan, 350F, gas 4.
Prepare an 8x12in tin, the base lined with baking parchment.

Melt the butter, sugar and honey in a medium saucepan until dissolved, and mix until well combined. Remove from the heat and stir in the remained ingredients, mixing well and coating evenly.

Spoon into the prepared tin then spread and flatten to create a smooth top. Bake for 45 minutes. Set aside to cool completely before turning out. Cut into bars. These will keep in an airtight container for several days.