

Jammy sandwich flapjacks

100g raspberries
50g blueberries
1 small eating apple, core removed and chopped finely
40g butter or coconut oil (if dairy free) 25g coconut oil
4 tbsps honey (or liquid sweetener of your choice)
170g oats (use gluten free if preferred)
20g pitted dates, finely chopped
20g raisins
10g chia seeds

Makes 6

278 calories

10g fat

41g carbs

6g protein



Preheat the oven to 190°C/375°F.

Line a baking tray with greaseproof paper.

Put the fruit in a saucepan and cook on a low heat until the fruit is soft (around 5 minutes), stirring occasionally to prevent it burning.

Meanwhile put the butter / oil and honey into a large pan and cook on a low heat until the butter has melted, stirring occasionally.

Add the oats and stir until well combined. Remove from heat. Stir in the raisins and chopped dates.

Once the fruit has softened, mash it gently and stir in the chia seeds.

Place half of the oat mixture onto the lined tray and press firmly with a spoon to form an even rectangular shape. Add the fruit and spread to form an even layer.

Add the remaining oat mixture and press firmly into an even layer. Use a spatula to neaten the edges.

Place in the oven and cook for 20 minutes or until the flapjacks are golden in colour.

Allow to cool in the tin for 10 minutes then transfer to a wire rack to cool thoroughly.

Once cooled, cut into 6 slices.

Store any leftovers in an airtight container for up to 3 days.

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