



# FEELIN' FLY FLAPJACKS

Delicious flapjacks which allow you to include a range of ingredients depending on your tastes and what you have available.

## INGREDIENTS

**(makes 10 slices)**

- 50g butter or coconut oil
- 2 tbsp smooth peanut butter
- 3 tbsp maple syrup or honey
- 2 bananas, mashed
- 1 apple, grated (use the peel as well)
- 100ml hot water
- 250g oats
- 185g dried mixed fruit – (sultanas, apricots, raisins - whatever you have)
- 85g mixed seeds (optional)

## FOOD SAVVY TIP

**Don't throw away your overripe bananas, they are perfect for this recipe.**

## METHOD

- 1 Heat the oven to 160°C/320°F/ gas mark 3.
- 2 Line a 20cm baking tin with baking parchment.
- 3 Heat the butter or coconut oil, peanut butter and honey or maple syrup in a small pan until melted.
- 4 Add the mashed banana, apple and hot water, and mix to combine.
- 5 Put the oats, dried fruit and seeds into a large bowl. Add the banana and apple mix and stir until well mixed
- 6 Taste and adjust sweetness with syrup or honey, a pinch of salt might be nice too.
- 7 Put the mixture into the baking tin and level the surface.
- 8 Bake for 40 minutes until golden brown.
- 9 Cut into portions while still warm.
- 10 Leave to cool in the tin.

# FOOD SAVVY TOP TIPS



## PLAN

Take a moment to think about the week ahead, make a plan and stick to it so you only buy what you need.



## STORE

Don't ignore where to store! Follow packaging guidelines and make friends with your fridge and freezer.



## SHOP

Make a list or take a "shelfie" and only buy what you need.



## PORTION

Get your portions right and your purse will see the benefit. Weighing scales are a great tool to help you.



## KNOW YOUR DATES

**Best Before date** - food is still perfectly good to eat after this date.

**Use by date** - relates to food safety. Food should not be eaten after this date.



## LEFTOVERS

Leftovers also make great lunches and keep in the fridge for two days.

