



Flap Jack

Ingredients

- 1 carrot grated (around 100g)
- 1 apple grated with skin (around 80-90g)
- 60g/1/3 cup Dried Prunes (or other dried fruit)
- 50g melted butter/coconut oil
- 60ml/¼ cup honey/maple syrup
- 1 tsp. baking powder
- ½ tsp. bicarb soda
- 2 tsp. cinnamon
- 250g oats

Method

1. Soak the dried fruit in boiling water.
2. Heat an oven to 170C.
3. Line an 8 inch square or round 10 inch baking tin.
4. Strain the dried fruit and puree.
5. Combine all the ingredients together and mix well. Make sure everything is well combined.
6. Pour the mix into the baking tin and press down well, make sure the top is flat.
7. Place in the oven and bake 30 min.
8. When it is done, take it out of the oven and let it sit for 10 min before cutting into squares.

Notes:

If you are changing the dried fruit just be aware that things like dates will be much sweeter than prunes; you could use figs but be aware that you will get the little seeds all the way through. By all means leave the dried fruit out.

You could swap a carrot for a parsnip, and an apple for a pear. You could add more spices if you like, like ginger, fennel, vanilla etc. Play around with the recipe and make it your own.

Source: Recipe by Kate Waters