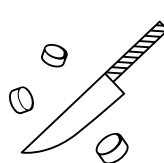


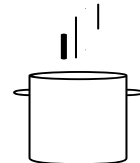


Coconut and Cranberry Flapjacks

Delicious flapjacks, great sweet treats for adults and lunchbox fillers for kids.



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Ingredients

70g The Groovy Food Company Agave Nectar Rich and Dark

150g The Groovy Food Company Organic Virgin Coconut Oil

115g dates, chopped

150g porridge oats

2 tbsp ground flaxseed

60g desiccated coconut

60g wholemeal flour

115g dried, sweetened cranberries

2-3 tbsp pistachio nuts, chopped

Directions

1. Preheat the oven to 180°C, Gas mark 4.
2. Grease a traybake tin.
3. In a large saucepan, melt the agave nectar and coconut butter together over a low heat, stirring until well combined. Place in a blender with the dates and process to form a sticky paste.
4. Place the oats, flaxseed, coconut, flour, cranberries and pistachio nuts in a large bowl. Pour over the date mixture and mix thoroughly to combine.
5. Spoon the flapjack mixture into the prepared tray and press it down with your fingers firmly.
6. Bake for 25-30 minutes, or until deep golden-brown on top and remove from the oven.
7. Leave the flapjacks to cool for 5 minutes then score the flapjack lightly into 12 pieces whilst still hot. Allow to cool completely in the tin before turning out.

