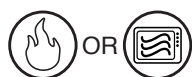


# Banana and Raisin Flapjacks

Fruit flapjacks are an easy and fun food to bake. There are lots of different combinations to suit all tastes.



Milk and oats (gluten)\*

Nutritional information per portion (62g):

Energy 769kJ 183kcal 9%	<b>Fat</b> 6.4g 9%	<b>Saturates</b> 1.5g 8%	<b>Sugars</b> 16g 17%	<b>Salt</b> 0.13g 2%
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of an adult's reference intake.

Typical values per 100g: energy 1240kJ/295kcal.

## Equipment

- Weighing scales
- Small square baking tray (approx. 20cm square)
- Measuring spoons
- Saucepan or microwave-safe bowl
- Wooden spoon
- Bowl x 2
- Fork
- Dessert spoon
- Oven gloves
- Pan stand
- Knife



## Ingredients

**Serves 10**

75g unsaturated fat spread	2 small bananas
2 x 15ml spoons honey	75g raisins
25g soft brown sugar	200g oats

\* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

# Step 1

Preheat the oven to 180°C/160°C fan or gas mark 4 and grease a small square tray.



# Step 2

Weigh the spread and soft brown sugar. Place in a microwave-safe bowl or saucepan, then add the honey.



# Step 3

Weigh out the oats and raisins into a bowl.



**Skills used include:**

Weighing, measuring, mixing/combining, mashing, melting, baking, microwaving and cooling.

## Step 4

Melt the spread mixture in a microwave for 1 minute (timing based on an 800W microwave). (Or if using the hob, place the saucepan on the hob and heat gently on a low temperature until mixture is melted. Stir with a wooden spoon to prevent burning.)



## Step 5

Peel and mash the bananas with a fork in a bowl. Add the bananas to the bowl of dry ingredients, then pour the melted mixture into the bowl and stir with a wooden spoon.



## Step 6

Put the mixture into the square tray and press down with the back of a spoon. Bake in the oven for 30-40 minutes until golden brown. Place on a cooling tray and then cut into squares.



# Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

## Additional Instructions

<b>Apricot flapjack</b> – Add 100g of chopped dried apricots (vacuum packed are better as they do not need to be softened first).	Add the chopped dried apricots at step 3 and don't add the banana and raisins in step 5. Cooking instructions are the same.
<b>Apple and cinnamon flapjack</b> – Add 2 eating apples and 1 x 5ml spoon of cinnamon.	Peel and chop or grate 2 eating apples and add instead of the banana. You could also add 1 x 5ml spoon of cinnamon powder.
<b>Mini flapjack</b> – Use the same ingredients and bake in a muffin or bun tin.	Instead of a square baking tray you could use a greased muffin tin or bun tin. Just add a spoonful to each and press down with the back of the spoon. They will cook in 10-15 minutes. Leave to cool then turn out.
<b>Cranberry flapjack</b> – Add 100g of dried cranberries and zest of an orange.	This is great at Christmas, add the dried cranberries instead of the banana and dried fruit and add a little grated orange for a really festive flapjack.

## Prepare now, eat later

You can keep the baked flapjack in an airtight container for up to 2 days or place in the freezer and store for up to 3 months.