



Hemp and buckwheat flapjack (makes 10)

Great for those with a sweet tooth, this no added sugar flapjack recipe will be a winner. Try them as a snack or with fruit or yogurt at breakfast.

Ingredients

130g porridge oats
130g buckwheat flakes
3 tablespoons of shelled hemp seeds
200g dried dates
50g of boiling water
70g hemp seed butter
50g Flora light spread

Method

1. Preheat the oven to 190°C/170°C fan/gas 5.
2. Soak the dates in the boiling water for 5 minutes then blend with any excess water.
3. Melt the butter and flora light spread together.
4. Place all the ingredients into a bowl and stir until fully mixed.
5. Add the mixture to a lightly grease baking tray. Use the back of a spoon to press the mixture into the corners so the mixture lies flat.
6. Place in the oven for 15-20 minutes or until the flapjack is golden brown.
7. Leave to cool in the baking tray before cutting into portions as the brownie may still be crumbly whilst hot.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	1440kJ 342kcal	10.3g	12.6g	1.7g	35.2g	22.1g	6.7g	0.16g
Per 50g Serving	720kJ 171kcal	5.1g	6.3g	0.9g	26.6g	11.0g	3.3g	0.08g