



Pirton Hill Primary School

Speedy No-Bake, Fruity Flapjack



This recipe makes 1 tray or 10 small individual foil dishes.

Ingredients:

- 100g Pitted dates
- 100g Prunes
- 2 ripe Bananas
- 150g Honey
- 2 tbsp Coconut Oil
- 325g Rolled Oats
- 100g Raisins
- 100g Ready-to-eat Dried Apricots
- 25g Sunflower Seeds (OPTIONAL)

Method:

1. Line a shallow baking tray, about 20 x 30cm, with baking parchment.
2. Put the dates, bananas, honey, coconut oil and 2 tablespoons water in a food processor and blitz to a thick purée. Leave to one side.
3. In a large bowl, combine the oats, raisins, prunes, chopped apricots and seeds.
4. Pour in the puréed fruit and honey mixture and mix well.
5. Tip the fruity oat mixture into the prepared tin and gently press it down, getting it as even and level as you can.
6. Put the tray in the fridge for 2-3 hours to allow the flapjack to set, then turn out on to a board and slice into bars.
7. Keeps in a plastic container in the fridge and eat within a week.

All these recipes have been put together for the children of
Pirton Hill Primary School.