

Honey & Peanut Butter Flapjack



INGREDIENTS

- 125g unsalted butter
- 150g soft brown sugar or light muscovado sugar
- 125g crunchy peanut butter
- 75g honey
- 200g porridge oats
- 150g dried fruit
- 150g mixed seeds

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Method

1. Preheat the oven to 160C/gas mark 3. Grease and line a baking tin, about 20cm square.
2. Put the butter, sugar, peanut butter, honey and grated citrus zests (if you wish) in a deep saucepan over a very low heat. Leave until melted, stirring from time to time.
3. Stir the oats, dried fruit and three-quarters of the seeds into the melted butter mixture until thoroughly combined. Spread the mixture out evenly in the baking tin, smoothing the top as you go.
4. Scatter the remaining seeds over the surface and trickle with a little more honey. Bake for about 30 minutes, until golden in the centre and golden-brown at the edges.
5. Leave to cool completely in the tin (be patient – it cuts much better when cold), then turn out and cut into squares with a sharp knife. These bars will keep for 5-7 days in an airtight tin.

Nutrition Facts

Total Cost of Ingredients: £6.99 (Asda)

Makes: 16

Cost per slice: 44p

Plus you have most of the ingredients left for more batches!!!!

	Calories	Carbs	Fat	Protein	Sodium	Sugar
Per Serving:	271	43	15	7	29	24

