



Peanut Butter Flapjacks

These peanut butter flapjacks are a great way to kick off your day and fill you up for the morning ahead. They are also a tasty, healthy snack if you want to satisfy you on a long ride or after a long run.

Serves: 12, Prep time: 00:20, Cook time: 00:25

Instructions

1. Start by roasting the almonds and seeds for 8 mins at 180C, fan 160C, gas 5. The almonds will give the flapjacks a lovely crunch.
2. Heat the butter, sugar and honey on a pan until combined.
3. Mix the fruit with the oats for some extra bite. Then add the butter and honey for a bit of added sweetness and mix well. Press half into a greased, lined tin (about 6 x 8 inches).
4. Spoon over the peanut butter and spread across the top for some extra chew, then add the rest of the oat mix.
5. Bake for 25 mins, then leave to cool.

Ingredients

- 150 grams Butter, unsalted (5.5 oz)
- 150 grams Porridge Oats (5.5 oz)
- 100 grams Sunflower seeds (3.5 oz)
- 100 grams Almonds, Roughly chopped (3.5 oz)
- 50 grams Sesame seeds (2 oz)
- 100 grams Sugar, brown, Light muscovado (3.5 oz)
- 100 grams Dried Fruit, blueberries, cranberries and cherries (3.5 oz)
- 150 grams Smooth Peanut Butter (5.5 oz)
- 200 grams Icing Sugar, For the topping (optional) (7 oz)
- 50 milliliters Water, For the topping (1.5 oz (U.S.))

6. Mix the icing
sugar and water to
form a paste, put into a paper piping
bag and drizzle all over the flapjacks,
let it set and cut into 12 pieces.

Notes: The topping is optional. Great
served with fresh fruit.

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