

Carrot Flapjack – gluten free

Makes 20 portions

150g gluten free plain flour, 150g gf oats – blended in a food processor to a flour (non-gf, use plain wheat flour)

200g carrot, grated

200g chopped dates

225g dairy-free margarine

150g golden syrup

225g gluten free porridge oats (non-gf, use any porridge oats)

3 teaspoons mixed spice

1 teaspoon ground ginger

1 ½ teaspoons bicarbonate of soda

50g desiccated coconut

60g mixed seeds – chia, linseed, sunflower, pumpkin

60g nuts of choice

60g raisins

1. Blend the gf plain flour and first porridge oats in a food processor into a flour.
2. Weigh the dates into a bowl. Boil 60ml water and pour over the dates and allow to soak in.
3. Peel and grate the carrots. Place in a strainer and squeeze out as much liquid as you can.
4. Weigh the dairy-free margarine and golden syrup into a saucepan. Melt over a low heat.
5. Line a 30cm x 20cm brownie tin with baking parchment.
6. Weigh the gluten free flour mix, porridge oats, and last seven ingredients into a large mixing bowl.
7. Stir in the carrot.
8. Blend the dates and liquid to a smooth paste and add to the flour mix.
9. Pour in the margarine mixture and stir everything together. The mixture will be quite stiff.
10. Pour into the brownie tin.
11. Bake at 160°C (fan oven) / gas mark 4 for 20 minutes until golden on top. Leave to cool before cutting into portions.



