

Muesli Flapjack – gluten free

20 portions

200g dark muscovado sugar
60g golden syrup, honey or agave syrup
225g dairy-free margarine
150g gluten free plain flour, 150g gf oats – blended in a food processor *to a flour (non-gf, use plain wheat flour)*
225g gluten free porridge oats (non-gf, use any porridge oats)
1 ½ teaspoons bicarbonate of soda
Pinch salt
100g raisins
50g sultanas
50g dried apricots
150g mixed nuts
50g mixed seeds

1. Line a 30cm x 20cm brownie tin with baking parchment.
2. For gluten free version, blend 150g each of gf flour and gf porridge oats in a food processor.
3. Place the dark muscovado sugar, golden syrup and dairy free margarine into a large saucepan. Stir over a low heat to melt together. Turn off the heat.
4. Weigh the remaining ingredients into a large mixing bowl. Stir together.
5. Stir in the melted ingredients until combined.
6. Pour into the baking tin and press to fill the whole tin.
7. Bake at 160°C (fan oven). Gas mark 4 for 20 minutes until golden brown.
8. Leave to cool then cut into equal sized portions. Once cold, store in an airtight container.



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