



HAZELNUT FLAPJACKS & SEED FLAPJACKS

Ingredients to make a tray of sweet hazelnut flapjacks

*225g unsalted butter at room temperature
150g soft brown sugar
90g golden syrup
450g rolled oats
75g medium oatmeal
75g crushed hazelnuts
4g fine salt*

Ingredients to make a tray of less sweet seeded flapjacks

*150g sunflower oil
90g golden syrup
400g rolled oats
125g medium oatmeal
75g pumpkin seeds
75g sunflower seeds
4g fine salt*

Method

For the sweet hazelnut mixture heat the **butter, sugar** and **syrup** together and stir until the butter has melted and the sugar has dissolved.

For the less sweet seeded flapjacks heat the **oil** and **syrup** together and stir until runny.

Weigh out and mix the **rolled oats, medium oatmeal** and **salt** then add the melted fat/syrup. Mix it well till all the oats are coated then add the seeds or nuts and mix well. Transfer to a baking tray, smooth down with a spatula, and you are done.

Bake at 160°C for 35 minutes. Allow to cool for 5 minutes then cut into pieces and transfer to a cooling rack.