

SERVES 15

NO BAKE PEANUT BUTTER FLAPJACKS



Ingredients

- 200g Honey
- 15g Rapeseed oil/sunflower oil
- 50g Sultanas/raisins
- 120g Chunky peanut butter
- 300g Porridge oats
- 50g Pumpkin seeds
- 50g Sunflower seeds



Directions

Over a low heat melt the honey, peanut butter and oil.

Put all your dry ingredients into a bowl then add in your melted ingredients. Mix well to combine.

If it's too dry just add a dash of extra honey. Line the base of a tin/container with parchment and press hard on the mix.

Cover and leave overnight to set. No cheating please!!

Note: Store in a sealed container for up to 5 days or freeze them and enjoy later.

Contains

