

Gluten-free, dairy-free, vegan-friendly flapjack

This recipe makes 20 Derwent Hill sized portions of flapjack for you to take out on a walk or share with friends.

Ingredients

- 500g gluten free oats
- 20g gluten free plain flour
- 300g dairy free margarine (e.g. Flora)
- 100g syrup
- 50g granulated sugar
- 2 tablespoons raisins or sultanas (optional)
- 2 tablespoons cocoa (optional)

you will need

- a 7x11 inch rectangular tray bake tin, lined with baking parchment
- large pan

Method

1. Pre-heat the oven to 170C, 150C fan, gas 5.
2. Stir the margarine, sugar and syrup in a large pan over a gentle heat until melted and well blended.
3. Add all the remaining ingredients and mix.
4. Bake for 12-15 mins.
5. Allow to cool slightly and cut into portions.
6. Enjoy!