

# Syrup Flapjacks

Recipe provided by Mandy Robbins



## Ingredients:

4oz (110g) butter or margarine

1oz (25g) sugar

2 tbsps golden syrup, warmed

8oz (225g) rolled oats

1/2 tsp salt

1oz (25g) pumpkin seeds

1oz (25g) chocolate chips

## Topping:

4oz (110g) chocolate chips

1 tsp coconut oil

Handful of cocoa nibs

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Heat the oven to 180°C, GM4, and line a baking tin measuring approx. 8 x 10 inches.

Beat the butter/margarine and sugar together until creamy then stir in the warmed syrup. Mix well, then work in the rolled oats, pumpkin seeds, chocolate chips and salt– this will take some time but work until the mixture holds together. Press the mixture into the baking tin and bake for approx. 12-15 minutes until browned.

For the topping, melt the chocolate chips and coconut oil together. Spread over the warm flapjack and sprinkle with the cocoa nibs. When cooled a little, cut into bars, then allow to cool completely before removing from the tin. Store in an airtight container.

**Variations:** For an allergen-free version, use gluten free oats, dairy free margarine and chocolate. You can use maple or rice syrup instead of golden syrup and add your choice of chopped dried fruits, nuts and seeds from The Green Gram!