



Healthy Pumpkin Seed and Ginger ~Energy Boost™ Flapjacks

We think these are 'probably the best flapjacks in the world!' All natural and bursting with nutrition they'll give you a sustained energy boost and are very filling. They have been created by Joy Skipper; Masterchef semi-finalist and Nutritional Therapist who says 'What a revelation Sweet Freedom is! A natural sugar substitute that can be used in cooking, is low GI and even tastes great poured over natural yoghurt instead of honey!' ...

Serves : 9

Ready In : 30 minutes or less

Ingredients

- 60g virgin coconut oil (**such as Coconoil**) or you can use spread (**with the latter they will be crumblier**)
- 4 tbsp Sweet Freedom (**the Natural Syrup (Rich) works best**)
- 225g rolled oats
- 75g pumpkin seeds
- Ginger *either 1 tsp dried, 2 tsp fresh grated, or 2 tsp stem ginger chopped (**stem ginger does have a small amount of sugar in but you can make your own using Sweet Freedom**). *You can use chopped dried apricots in place of the ginger if you prefer.

Instructions

- Preheat the oven to 180C/360F/Gas mark 5. Lightly grease an 18cm (7 inch) square tin with a little coconut oil.
- Place the coconut oil and Sweet Freedom in a large pan and melt over a low heat.
- When the mixture is completely melted, add the oats, pumpkin seeds and ginger and mix together really well.
- Pour into the prepared tin, press down and smooth over the top so it is level.
- Bake for 25 minutes, until golden.
- Remove from the oven then mark out where you will cut before leaving to cool in the tin.
- Remove from the tin when cold and place in an air-tight container.