



# Pecan and coconut flapjacks

These oatly squares of goodness are the perfect portable snack, delicious, filling and very easy to make.

**Serves :** 10

**Ready In :** 30 minutes or less

## Ingredients

- 80g butter (or olive oil spread)
- 130g (*the Natural Syrup (Rich) works best*)
- 50g pecans, roughly chopped (*put them in a bag, bash them, done!*)
- 175g porridge oats
- 50g ground almonds
- 55g dessicated coconut (*unsweetened*)

## Instructions

1. Preheat oven to 180°C / 350°F / Gas mark 4.
2. Grease a medium-sized square baking tray.
3. Melt the butter in a large saucepan with the Sweet Freedom.
4. Stir over a low heat until melted then stir in all the other ingredients and mix together well.
5. Turn the mix into the baking tray and spread out evenly.
6. Bake for 15 minutes, then remove from the oven and cut into squares.
7. Leave in the tin until completely cool, then turn out.

If you would like your flapjacks vegan or prefer not to use butter use olive oil or vegetable based spread instead - it works just as well, but they will be a tiny bit more crumbly.

## Flavour variations:

- **Apricot and pecan** - swap coconut for 50g of chopped dried apricots instead.
- **Fruit and nut** - add 50g of any other favourite nuts in place of the pecans, and add 50g chopped p runes (really much nicer than raisins!) or other dried fruit in place of the coconut.
- **Seedy** - swap the pecans and coconut for the same weight of your favourite seeds - pumpkin, sunflower, hemp, etc or a mix of them all!