



BANANA AND RAISIN FLAPJACKS

EQUIPMENT:

- 12-hole muffin tin
- Weighing scales
- Saucepan or microwave-safe bowl
- Measuring spoons
- Wooden spoon
- Mixing bowl x 2
- Fork
- Dessert spoon
- Oven gloves
- Pan stand
- Table knife
- Cooling rack

INGREDIENTS:

- 90g unsaturated fat spread, plus extra for greasing
- 2 x 15ml spoons honey
- 2 medium ripe bananas
- 60g raisins or other dried fruit
- 240g oats
- 3/4 x 5ml spoon ground cinnamon

PREP TIME:

- 35 minutes

COOKING TIME:

- 25 minutes

METHOD:

1. Preheat the oven to 180°C/160°C fan or gas mark 4 and lightly grease the holes of the muffin tin.
2. Place the spread and honey into a small saucepan or a microwave-safe bowl ready to melt it.
3. If using the stove, heat the saucepan of spread and honey gently at a low temperature until melted. Stir with a wooden spoon to prevent burning. If using a microwave, heat for 30 seconds or until just melted (timing based on an 800W microwave).
4. Peel the bananas and mash in a mixing bowl with a fork.
5. Add the raisins or dried fruit, oats and cinnamon to the mashed banana and mix gently.
6. Add the melted spread and honey to the fruit and oats and mix well.
7. Divide the mixture between the muffin tin holes and press down with the back of a spoon. Bake in the oven for 25 minutes until golden brown.
8. Remove the tin from the oven and leave the flapjacks to cool in the tin for 10 to 15 minutes or until the tin is cool enough to handle. Carefully remove the flapjacks from the muffin tin using a table knife and transfer to a rack to cool completely.