

# FROM THE NURSERY KITCHEN TO YOURS

## CARROT AND APPLE FLAPJACK

20m prep

| 45m cooking

| 16 (adult) servings

| Best served on its own

| Vegan\*

### Ingredients

4 tbsp chia seeds  
200g rolled oats  
75g dried apricots  
75g raisins  
1 medium carrot  
1 apple  
100g desiccated coconut  
100g pumpkin seeds  
6 tbsp maple syrup  
1 tbsp vanilla extract  
½ tsp ground cinnamon  
1 pinch ground ginger  
70g coconut oil, melted

### Directions

1. Heat the oven at 200°C and line a 20cm x 30cm baking tin with greaseproof paper. In a small bowl, soak the chia seeds in four tablespoons of water then set aside.
2. Put the oats in a food processor and blitz until you have a scruffy flour then tip into a large bowl. Put half the dried fruit into a food processor and blitz until broken down and a little mushy. Scrape into the bowl with the oats.
3. Grate the carrot and apple (no need to peel them) into the bowl and add the remaining dried fruit (you may need to chop larger pieces), coconut, chia mixture, pumpkin seeds, maple syrup, vanilla, spices and melted coconut oil. Mix well until thoroughly combined.
4. Spoon into the tin and smooth the top with the back of a spoon. Bake for 40-45 minutes until golden brown. Leave to cool a little in the tray, then turn out onto a wire rack and leave to cool completely. Slice into pieces before serving.



\*Some maple syrup may not be vegan. Please check the label.

