

Banana Flapjack

Ingredients

- 50g butter, plus a little extra for greasing
- 3 tbsp maple syrup
- 2 ripe bananas, mashed
- 1 apple, peeled and grated
- 250g rolled oats
- 85g dried apricot, chopped
- 100g raisin
- 85g mixed seed (we used pumpkin and sunflower)



Method

Heat oven to 160C/140C fan/gas 3. Grease and line a 20cm square tin with baking parchment. Heat the butter and maple syrup in a small pan until melted. Add the mashed banana, apple and 100ml hot water, and mix to combine.

Tip the oats, the dried fruit and the seeds into a large bowl. Pour in the combined banana and apple and stir until everything is coated by the wet mixture. Tip into the cake tin and level the surface. Bake for 55 mins until golden. Leave to cool in the tin. Cut into 12 pieces to serve or store in an airtight container in the fridge. They will keep for up to 3 days.