



# *Nutty, Fruity Vegan Flapjack*

Prep time: 15 minutes

Bake time: 20 minutes

Servings: 9-12

## **Ingredients**

90g vegan butter

80g golden syrup

2 Tbsp of Mr Fitzpatrick Cranberry & Pomegranate cordial

90g light muscovado sugar

150g oats

50g chopped hazelnuts

25g sunflower seeds

75g dried cherries, chopped

75g dark chocolate chips

1. Preheat the oven to gas mark 4, 180°C, adjust accordingly for a fan oven.
2. Line a 20cm square baking tin with baking paper.
3. To a medium pan add butter, golden syrup, cordial and sugar. Heat gently over a low heat, stirring occasionally, until the sugar has dissolved. Remove from the heat and leave to cool slightly, to avoid melting the chocolate when added to the mix.
4. In a bowl add oats, hazelnuts, sunflower seeds, cherries and chocolate chips, mix well. Add the wet ingredients to the dry and stir to coat.
5. Press the mixture into the tin. Cook for 20 mins until golden brown. Cool slightly, then gently turn the flapjack out onto a chopping board. Cut into squares and leave to cool completely.

## **NOTES:**

Do not over work the mix once the warm wet ingredients have been added, to avoid melting the chocolate.

The flapjacks will be soft to the touch when removed from the oven, these will firm up once cooled