

Banana & sultana flapjacks

Ingredients

Makes 6 flapjacks

90g margarine
2 tbs. honey
2 bananas
60g sultanas
30g dried cranberries
240g rolled oats
1 tsp cinnamon

Equipment

Mixing bowl & spoon
Weighing scales
Measuring spoons
Fork
Hot pan/microwave
Greaseproof paper
16x10cm baking tray

Method

1. Melt together the honey and the margarine in a pan slowly and keep stirring. A microwave could also be used for 30 seconds.
2. Peel the bananas and mash in a mixing bowl using a fork.
3. Add the sultanas, cranberries, oats and cinnamon to the mashed banana and mix carefully.
4. Add the melted margarine and honey to the bowl and mix well.
5. Line the baking tray with baking paper and press the mixture into the tray.
6. Bake at 180c for 20 minutes.
7. Leave to cool then remove from the tray and enjoy your delicious snack!