

No Sugar Date Flapjack

prep time

10 mins

cook time

20 mins

serves

6

ingredients

100g	Rolled oats
28g	Dairy free block margarine
25g	Golden syrup
20g	Dates
80g	Banana
1/4tsp	Cinnamon
1/4tsp	Bicarbonate of soda



Method

Cover dates with 20ml boiling water and bicarbonate of soda and leave to soak.

Melt the butter and golden syrup.

Blitz the dates, water and bananas in a food processor until smooth.

Combine all the ingredients.

Place on a lined baking tray and press firmly.

Bake at 180C for 15-20 minutes until golden.

Allow to cool slightly and score into portions.

Once cold, remove from the baking tray and cut into pieces

