



Blackcurrant & Ginger Flapjacks

When grains, such as whole rolled oats, are eaten in their whole form, they retain their powerful phytonutrients. Oats & chia seeds also contain soluble and insoluble fibre, great for the gut, helping the body's detox elimination pathway. And since these flapjacks contain complex carbohydrates, they're great for blood sugar balance during the day!

Note: these flapjacks aren't particularly sweet. Taste the raw mixture when you make it and decide if you would like to add some more sweetness.

Serves 4 – 6 as breakfast/brunch, or cut them smaller and use as a snack

Set your oven to 180°C fan forced or 200°C regular oven.

Preparation 10 minutes + Cooking time 30 minutes

Ingredients:

- 3 teaspoons honey or maple syrup or golden syrup
- 3 tablespoons extra virgin olive oil
- 1 egg
- 2 tablespoons ground flax seeds
- 4 teaspoon grated fresh ginger or 2 teaspoons cinnamon powder
- 170g whole rolled oats
- 100g pumpkin seeds
- Optional extra - 50g hemp or chia seeds
- 1 large apple, grated with skin on
- 2 tablespoons blackcurrants or blueberries (can be from frozen)

How To Make:

Mix together the syrup, extra virgin olive oil, egg, ginger or cinnamon and flax seeds. Once thoroughly mixed, stir through the oats, hemp & pumpkin seeds and grated apple. Then carefully stir in the blackcurrants/blueberries, trying not to let them burst open too much (easiest if mixing in from frozen).

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1 hour rest - At this point you can leave the mixture, sealed in an airtight container, in the fridge to rest overnight; This is beneficial if you find raw oats sometimes make your gut a bit bloated. But this overnight step is not necessary otherwise.

Line a brownie pan 20cm x 20cm with baking paper and tip in the oat mixture. Press down firmly to spread the mixture evenly across the pan and flatten the top.

Bake for 30 minutes or until the top of the flapjacks looks slightly golden/browned.

Take out of the oven and leave in the pan to cool to room temperature before cutting. They will become crispier on the outside as they cool.

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