

Flapjack with oil

Ingredients

130ml unrefined rapeseed oil
150ml malt extract (I prefer rice malt extract as it has a more delicate flavour)
350g oats (porridge oats are fine, some jumbo oats can be added if desired)
20g dessicated coconut
75g sultanas or chopped dates
add a handful of walnut pieces or pumpkin seeds if desired

Directions

- Prepare a small flapjack pan (32x18cm) and liner, this recipe only makes 16 pieces so I double the recipe and use a roasting pan (36x27cm)
- The malt extract is best warmed first by putting the jar in hot water.
- Measure first the oil in a jug and pour into a large pan.
- Use the well oiled jug to measure the warmed malt extract and add it to the pan.
- Heat the oil and malt slightly in a pan before adding all the dry ingredients.
- Mixing it together can be tricky and best done with a massaging hand when cooled
- Put in a well oiled tin or I use a silicone reusable liner.
- Bake at 160 fan for 20-30 mins until golden, it will still be soft until it cools but this recipe can easily be overcooked and become very crunchy flapjack.
- After removing from the oven it is best to press the soft mixture flat by using another baking tin.
- It can be cut into pieces while warm although I wait until it's cold then remove it from the tin and liner and cut it with a long sharp knife.

Flapjack with butter

Ingredients

250g unsalted butter
200ml clear honey and/or malt extract (I prefer rice malt extract as it has a more delicate flavour) you can also add a tbsp of molasses
450g oats (porridge oats are fine, some jumbo oats can be added if desired)
50g dessicated coconut
Chopped dates, seeds and nuts can all be added according to taste
I also add the grated rind of 1 lemon and sometimes an orange too,
Ground seeds of 6 cardamon pods and a dash of cinnamon

Directions

- Prepare a traybake sized pan (30x23cm), I use a silicone liner
- I warm the honey and malt jars first then measure them into an oiled measuring jug.
- Melt the butter gently in a pan and add the honey and malt (and molasses)
- Mix in the oats and the other ingredients
- Proceed as in Flapjack 1

Granola

Ingredients

200g jumbo oats
200g porridge oats
100ml unrefined rapeseed oil
150ml of a mix of any of the following... malt extract, molasses, honey, apple concentrate
100g dessicated coconut
100g nuts (flaked almonds and whole hazelnuts)
100g seeds (pumpkin, sunflower)
2 tbsp golden linseed

Directions

- Gently heat the oil and sweet liquids in a pan until runny.
- Mix together with the dry ingredients in a large bowl. Using hands is the best way.
- Turn onto 2 large roasting pans (I use silicone baking sheets on mine) and bake at 180 fan for 20-30 mins, stirring occasionally (this recipe doesn't make the large clusters you see in bought granola it looks more like toasted muesli)
- Leave to cool then add raisins or other chopped dried fruit as desired.
- Store in an airtight container.