



I Can Cook

Fresh Fruit Flapjacks

Recipe by Kate Morris and Sally Brown.



You will need

- 80g Blueberries or other soft fruit
- 35g Wholemeal flour
- 25g Caster sugar
- 35g Oats
- 25g Butter, plus extra for greasing the tin



Remember to ask a grown-up for help

1

Before cooking, wash your hands and put on an apron. Weigh and measure the ingredients.

2

Squash the blueberries with the back of a fork on a plate. These are going to go in the middle of your flapjack.

3

Put the oats, flour, sugar and butter in the bowl and rub them together with your fingers. Just imagine you are tickling the ingredients. Keep tickling until it becomes crumbly.

4

Grease a loaf tin with butter. Put half of the crumbly mixture into the loaf tin and press it down firmly with your hand. Now spread the squashed blueberries on top evenly with your fingers.

5

Pour the remaining crumbly mixture on top to hide the blueberries and pat it down all over, nice and hard.

6

You will need to ask a grown-up for help with this part. Put the flapjack on a baking tray, then into a pre-heated oven at 160°C Fan/ 180°C/ gas 4 for about 20 minutes.