

## Sunflower and pumpkin seed flapjacks

### Ingredients

140g sugar  
3 tbsp golden syrup  
140g butter  
250g rolled oats  
85g raisin or sultanas  
50g sunflower seeds  
50g pumpkin seeds



### Aim Higher

Swap white sugar for brown sugar for a toffee flavour  
Add a layer of finely chopped dried apricots or cranberries in the middle

### Equipment

All equipment is provided by school

**\*REMEMBER TO BRING  
CONTAINER WITH LID TO TAKE  
YOUR FOOD HOME\***

Oven temperature 160°C or 140°C fan or gas 3

### Method:

1. Preheat oven.
2. Gently heat the sugar, golden syrup and butter in a pan until the sugar and butter have both melted.
3. Stir the remaining ingredients into the pan until coated in the butter.
4. Spoon the oatly mix into a tin (23 x 23cm or thereabouts).
5. Pack the mix down well and smooth with the back of a metal spoon.
6. Bake for 35 mins or until dark golden.
7. Leave to cool completely before cutting into 16 bars with a sharp knife.