

Fruit Flapjack

You can use any fruit you like or even jam in this. Bet you could use peanut butter as well.

I am trying to use less and less sugar these days, so I had cooked my plums with a little water and then added a little maple syrup once the plums had cooked. To be honest they didn't really need it but I do have a naughty sweet tooth. So be adventurous and do to your own taste.

300g porridge oats - I used gluten free ones

130g spelt flour

1tsp ground cinnamon

1tsp baking powder

1/2 tsp salt

1 tsp vanilla essence (optional) (I used mixed spice as I love it!!)

70g of sweetness - maple, agave or date syrup - anything along those lines.

You could use coconut sugar...and add to taste...I didn't want it to be sweet.

130g coconut oil

100g of naturally sweetened fruit jam

23cm by 30cm baking tin lined with greaseproof paper.

Oven 180C/160C fan/ gas 4

Mix together the oats, flour, spices, salt, baking powder.

Add vanilla essence if using and the syrup of choice. Mix well.

Add the coconut oil and thoroughly combine.

Press half of this mixture into the lined tin...firming it down well.

Spread the jam (plums or any other fruit you have...I used blackberries in mine too, raw) over the base and then add the rest of the mixture on top smoothing and firming it down.

Bake in the oven for 20 minutes.

Cut into squares when cooled a little and when completely cool remove from the tin.

Will keep for a week (haha...too nice to keep that long) in an airtight tin.