

WHO DARES SLIMS - RECIPE

# Orange Flapjack



## Tips

If you like cinnamon, you can add a teaspoon of it to the mix.

Add more water if the mixture is too dry

If you swap the honey for agave syrup the recipe is vegan!

You can add any dried fruit and nuts you like! Figs, dates, almonds. You can even swap the tahini for peanut butter!

## Ingredients

- 400g of porridge oats
- Juice from 4 oranges
- 100-150ml water
- 50g sunflower/pumpkin seeds
- 50g raisins
- 50g of chopped dried apricots
- 50g dried cranberries
- 1 tablespoon of tahini
- 2 tablespoons of honey
- A pinch of salt
- (This makes around 16 servings)

## Preparation

1. In a saucepan heat the tahini with the orange juice and water then add the oats cook a few more minutes until it starts to become like thick porridge.
2. Add all the remaining ingredients and stir until evenly mixed.
3. Transfer the mixture into a lined tray, and bake at 180 degrees for around 45-50 minutes until golden.
4. Once cooled, slice into squares and enjoy!