



Philippa Parish Nutrition

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High- Carbohydrate Flapjacks

Can be used a general snack, pre-and post training. High in medium-fast release carbohydrate and low in fat.

Ingredients- Makes 1 baking try

- 230g butter
- 70g rapeseed oil
- 4 tbs golden syrup
- 500g rolled oats
- $\frac{1}{2}$ tsp vanilla essence

Other ingredients can be added- e.g. raisins, pumpkin and sunflower seeds, dark chocolate.

Method

1. Put the golden syrup, sugar, oil and vanilla essence into a pan and heat until melted.
2. Allow to boil for 1 minute stirring continuously.
3. Add the rolled oats and mix until all the oats are well covered.
4. fill a baking tray with the mixture, flattening **lightly**.
5. Bake at 160C (fan oven) 180C (convection oven) Gas Mark 4 for 10 minutes.
6. Divide into sections while hot and then leave to cool in the tray.
7. Keep in a sealed container