

- * - SUGAR FREE CHERRY & COCONUT FLAPJACK - * -



400g oats
200g butter
100g desiccated coconut
Handful of cherries
200ml @skinnyfoodco sugar free golden
syrup

Pre-heat the oven to 180 degrees Celsius.

1. Melt the butter in a pan with the sugar free golden syrup, stirring continuously.
2. Remove from heat and add the oats, coconut and cherries to the melted butter and syrup. Mix well.
3. Press the mix into a lined tin and bake at 180 degrees for 25-30 mins until it is firm.
4. Remove from oven and chill the flapjacks for 3-4 hours before cutting.