



# Great School Food you can enjoy at home

Recipe

## Sugar Smart Banana Flapjack



### Ingredients

100g Flora or Vegetable/Dairy free spread  
50g Demerara Sugar  
100g Golden Syrup  
½ large Banana or 1 small ripe banana  
200g Porridge Oats  
Zest of one lemon (optional)  
Teaspoon of cinnamon powder (optional)

### Method

1. Line baking tray with baking paper
2. Melt Flora / vegetable spread and sugar over a low heat
3. Once melted & combined, add golden syrup to mixture.
4. Add mashed banana
5. Take from heat. Stir in porridge oats, lemon zest & cinnamon powder (optional)
6. Pack mixture into baking tin
7. Bake in medium oven 150\*/Gas Mark 4 for 30 minutes
8. Leave to cool and on a wire rack
9. Portion when warm and set.

Allergens

**Cereals containing Gluten / Milk**

My Notes

**Makes 4 Flapjacks  
Suitable for Vegans**



For more recipes visit [www.juniperventures.co.uk](http://www.juniperventures.co.uk)