

# OUR RECIPE

## Coconut and Parsnip Flapjack

12 portions

### INGREDIENTS

**225g Butter**

**50g Golden syrup**

**110g Parsnip - grated**

**225g Demerara sugar**

**300g Oats**

**55g Coconut**



### METHOD

1. Melt butter, syrup and add parsnip slowly.
2. In a bowl gently mix together the demerara sugar, oats and coconut.
3. Add the melted butter, syrup, parsnip mix to dry ingredients.
4. Stir and blend together.
5. Place in a greased, lined tray. Cook for 30 minutes at 160 degrees.
6. Leave to cool for at least 15 minutes before cutting.