

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. Preheat the oven to 160°C/gas mark 3.
2. On a low heat, melt the butter and syrup. Then slowly add the grated parsnip, stirring continuously. Set aside.
3. In large mixing bowl, gently mix together the sugar, oats and coconut.
4. Add the melted butter, syrup, parsnip mixture to dry the ingredients.
5. Stir until all the ingredients are mixed together.
6. Pour the mixture into a greased, lined tray. Use a spoon to push the mixture into the corners.
7. Bake for 30 minutes once the flapjack is golden.

Serving suggestion- enjoy warm and gooey or once cool, crumble over fruit and yoghurt as a granola.