

## Niki's English Flapjacks

### Original recipe:

Place in a large mixing bowl

4 ½ C            old fashioned rolled oats

In a medium microwavable bowl place,

2 sticks        butter (chopped into smaller pieces)

1 ½ C          soft brown sugar

3 tblsp        Tate & Lyles Golden Syrup

Melt in the microwave for 2-3 minutes until the butter, sugar and syrup are melted.

Mix melted mixture into the rolled oats until they are well covered.

Pour into a 9x13 pan lined with parchment paper.

Cook at 350 for 23-25 mins (until the mix is bubbling around the edges)

Cool in the pan.

When cool, lift out of pan in one block using the parchment paper.

Cut up into squares and store in an airtight.

### My fist stab at a healthier version: (use same method)

3 ½ C        rolled oats

½ C         quinoa (rinsed and dried on a paper towel)

½ C         mixed dried fruit (chopped apricots, raisins and toasted almonds)

6 scoops    milled flaxseed

2 sticks     butter minus 2tblsps!

2tblsp      agave nectar

2tblsp      maple syrup

1 ½ C        soft brown sugar

FYI: 3scoops of flaxseed = 1 tblsp of butter

