

Lemon & Sesame Flapjack

You will need -

Chopping Board
Fine Grater
Scales
Knife
Spoon
Bowl

Saucepan
Baking Tin
Greaseproof Paper

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try to be as colourful as possible, and stick to your portion sizes)

100g Unsalted Butter
175g Porridge Oats
2x Lemons
Pinch of Salt

100g Clear Honey
50g Toasted Sesame Seeds
Teaspoon of Cinnamon

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands

Please be mindful of the risks present when children are near heat or an open flames whilst cooking and supervise children at all times.



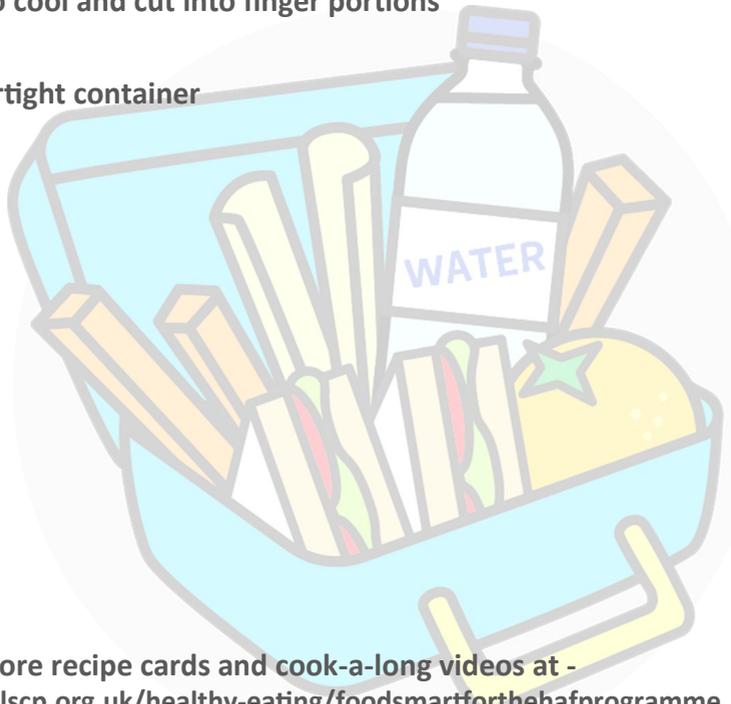
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Method -

1. Pre heat your oven to 180degrees
2. Line your baking tin with greaseproof paper (rub some butter to the bottom to stop the paper moving)
3. Mix the oats, sesame seeds and cinnamon together in a bowl
4. On your chopping board cut your butter into cubes and leave at room temperature
5. Using a fine grater grate the zest of both lemons onto your board or into a bowl
6. In the saucepan over a low heat melt the butter, honey and lemon zest
7. Add a pinch of salt and remove from the heat
8. Mix in your oats and sesame seeds until combined
9. Pour the mixture into your baking tin and use the back of the spoon to spread evenly
10. Place in the centre of the oven and bake for 15-20mins or until a pale golden colour
11. Leave to cool and cut into finger portions

Notes -

Store in an airtight container



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