A close-up photograph of a stack of flapjacks. The flapjacks are thick and textured, featuring a mix of ingredients including rolled oats, dark seeds (likely chia or flax), and chunks of dried apricots. The colors are earthy, with browns, greys, and yellows. The text is overlaid in the center in a clean, white, sans-serif font.

No-added-sugar
Apricot & Seed
Flapjacks

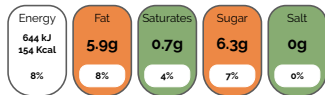
WAYS  WELL

No-added-sugar Apricot & Seed Flapjacks

Vegan and High Fibre | Contains sulphites and gluten (wheat)

MAKES 10 FLAPJACKS

Per Average Serving



Of an adult's Reference Intake (8400kJ / 2000Kcal)

Typical values per 100g: Energy 1158kJ/277Kcal

.....

INGREDIENTS:

200g oats
50g chia seeds
2 ripe bananas, mashed
25g poppy seeds
25g pumpkin seeds
75g dried apricots, chopped

Tip: switch the dried
aprocots for sultanas or
any other of your favourite
dried fruits.

.....

METHOD:

1. Mix together all the ingredients.
2. Place into a suitable sized container and into the fridge for at least 30 minutes to allow them to firm up (the chia seeds will help stick it all together).
3. Cut into 10 portions.