

## Lemon flapjacks



*gluten free*  
*low in fermentable carbohydrates*  
*wheat free*  
*lactose free*  
*vegetarian*  
*high in dietary fibre*

A very easy-to-make snack.

Oats are an excellent source of dietary fibre and help to keep your energy going for longer.

makes **9 – 15 pieces**, depending on shape of tray

preparation **10 minutes**

baking **25 minutes, oven at 180°C**

You will need a baking tray or loaf tin lined with non-stick baking paper

### Ingredients

150g margarine, *e.g. Pure dairy free sunflower*  
75g sugar  
75g golden syrup  
1 tsp lemon oil  
225g porridge oats (*use pure uncontaminated oats if you have the coeliac condition*)  
50g ground almonds, chopped nuts or seeds

**Optional** add in 1 tsp ground ginger, 40g sultanas or 75g chocolate chips

### How to make

1. Turn the oven to 180°C.
2. Put the margarine, sugar and golden syrup in a large saucepan. Gently heat until melted.
3. Stir in the lemon oil. Mix in all the other ingredients and spoon into the tin, pressing it flat.
4. Bake for about 25 minutes, until pale golden brown. Leave in the tin for 10 minutes, then cut into slices. Remove them from the tin once they are cold.