



Smoky Bacon and Fruity Seeded Flapjack

Ingredients

- 500g porridge oats (not jumbo)
- 120g plain flour
- 200g Red Tractor smoked streaky bacon – chopped
- 300g mixed dry fruit
- 75g pumpkin seeds (or mixed seeds such as pumpkin, sunflower)
- 250g dairy-free spread
- 150g golden syrup
- 200g light brown soft sugar

Equipment

- Baking tray – 30cm x 20cm
- Parchment paper
- Large bowl
- Wooden spoon
- Pan
- Spatula
- Knife
- Heat source – Hob and oven

How to make it (View video for additional support)

Warning!

- Always use the hob, oven, and equipment safely and sensibly under the instructions of an adult.
- Wash your hands after handling raw bacon and wash surfaces and equipment after use.

1. Preheat the oven to 160 degrees or Gas Mark 3.
2. Grease a 30cm x 20cm deep baking tray and line with baking parchment.
3. Mix together the oats, flour, fruit and seeds in a large bowl.
4. Place the bacon in a pan with a little of the margarine or butter and cook lightly.
5. Add the rest of the margarine or butter, golden syrup and brown sugar to the pan over a low heat. Heat, stirring occasionally, until melted and smooth.
6. Pour the syrup into the oats and stir until thoroughly combined, there should be no dry patches at all.
7. Tip the mixture into the prepared tin, spread it out level and press down firmly until well compacted.



8. Bake for 20-25 minutes until set and golden (they will still be a little soft to the touch and will firm up a lot as they cool.
9. Leave to cool for 10 minutes, then cut into slices with a sharp knife while still in the tin. Leave to cool completely then turn out and re-slice.
10. Cut into 24 slices.



Enjoy!

- Taste and evaluate the flapjacks you have made.
- Make sure you wash and dry your equipment ready for the next group and wipe the table.
- Discuss **food waste**. How will the food waste be disposed of: will it be put in a bin, used as compost or recycled in line with the school arrangements?



Oats growing in a field



Oat grains once harvested



Oats once processed and rolled

- Can you identify the benefits of eating oats?
- Can you think of any other food products containing oats?