

Fruit & Seed Quinoa Flapjack

Oven 170c 25mins

Ingredients

100g Quinoa (1/2 cup)
150g Butter
100g Oats
100g dried fruit (I used dates & prunes)
100g desiccated coconut
50g dried apricots
50g mixed seeds (I used sesame, sunflower, chia and flax)
3 tbs honey (or syrup)
Almond or coconut curls to decorate



Method:

1. Cook quinoa in plenty of boiling water for 9 mins until tender. Rinse off the water & cool/dry.
2. Melt butter in large pan with honey until liquid.
3. Stir in dry ingredients (Except decoration) & mix well
4. Press into 8"x8" tin & decorate with almonds/coconut
5. Bake until lightly browned at the edges
6. Cool in tin & slice.