

EASTER SIMNEL FLAPJACK

INGREDIENTS

For the marzipan—

- 90g ground almonds
- 2 tbsp maple syrup
- 1 tbsp lemon juice
- 1/2 tsp good quality vanilla

For the flapjack—

- 100g dates or prunes soaked in 100ml water
- 100g apple puree (home made or shop)
- 1 tsp good quality vanilla
- 40g oil of your choice—I used half coconut melted & half rapeseed
- 200g jumbo oats
- 25g ground seeds
- 250 oat bran or flour (or more oats)
- 1/2 tbsp raw honey
- 50g mixed peel, washed, or the zest of 1 large orange and lemon
- 50g raisins or other dried fruit
- 1 tsp mixed spice (more if you like)
- Freshly grated nutmeg (to taste)

METHOD

1. Allow the dates to soak in a large bowl for at least 30 mins, meanwhile make the marzipan
2. Simply combine all the marzipan ingredients in a bowl and mix until it comes together as dough. Place in the fridge until needed
3. Turn the oven onto 170 / 150 fan and line a 20cm square tin
4. To the dates & water, add the apple puree, vanilla, oil, honey and whizz up with a hand blender
5. Add the dry ingredients, mix well, lastly add the dried fruits & spices (reserve some nutmeg for the topping).
6. Squish all of this into baking tray, flatten well. Then using a small spoon make 12 round indents, evenly spaced.
7. Take the marzipan from the fridge and roll into 12 even balls, flatten slightly. Place 1 in each indent.
8. Bake for 20 minutes, the marzipan should have a slight crust and the flapjack should be slightly brown.
9. When cooked mark into 12 portions whilst warm, & grate more nutmeg over the top, particularly over the marzipan.

VEGAN

LOW SUGAR

GLUTEN FREE



www.blossomhealthcoaching.co.uk

cathy@blossomhealthcoaching.co.uk

07972 374150



2 of my favourite cakes in a new healthier combination. This smells amazing!

HEALTH BENEFITS

Oats are higher in protein and healthy fats than most other grains, rich in many vitamins. Eat them for your heart, your gut, your bones, your brain. They are filling, so great for weight control & slow release energy.

Almonds are a rich source of many nutrients such as Vitamin E, calcium, magnesium. They are also a great healthy fat to eat, as well as fibre and protein. Great for the skin, the heart, the brain, the gut.

Apples—Research shows apples are great for the gut & aiding digestion, reducing cholesterol due to their high pectin, helping with cancer prevention, & appetite control. Apples are cleansing & wonderful for the immune system.

Dried fruits are high in many essential vitamins, minerals, fibre & plant nutrients. However their high natural sugar content means they will raise blood sugar levels more than seeds & nuts. They are a wonderful addition to any diet, in moderation.



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