

STRAWBERRY AND COCONUT FLAPJACKS

250g strawberries

1 tablespoon lemon juice

1 teaspoon caster sugar

200g oats

100g plain flour

100g almond meal

150g butter

1 tablespoon golden syrup

100g raw sugar

50g desiccated coconut



Finely cut up the strawberries. Add the lemon juice and a teaspoon of caster sugar, mix and set aside.

Heat the golden syrup, raw sugar and butter in a pan.

Slowly add the flour, almond meal, oats and coconut.

Press half the mixture into a greased and lined tray.

Evenly spread the strawberries onto the mixture, then press down the second half of the mixture on top.

Bake for 30 minutes at 190C until golden.