

Iced Blueberry & Apple Porridge Flapjacks

Flapjacks are either a tea option or a breakfast snack to take on the train. These have a lovely icing and should be kept in the fridge. The icing is optional.

Preheat oven to 190°C, 375°F, Gas mark 5.

You need a non-stick baking or brownie pan – 32cm L X 18cm W X 3cm D. Grease thoroughly, lined with baking parchment.

Ingredients

For the Flapjacks:

200g butter
110g demerara sugar
1 tablespoon golden syrup
1 tablespoon maple syrup (this make a great taste but if you do not have, just add another tablespoon of golden syrup).
1 teaspoon vanilla extract (optional).
Place all these ingredients into a large saucepan and allow to melt over a medium heat, stir until all the sugar has melted into the butter and syrup.

Into a mixing bowl, put in;
400g Blueberry & apple porridge.
Mix in the melted warm butter and sugar mixture and mix in thoroughly. Turn out into a line baking or brownie pan. Smooth level and place the pan on a baking sheet and bake in the oven for 20 minutes.

Ingredients

For the Chocolate & Yoghurt icing:

200g white chocolate
125ml Full-fat plain yoghurt. You could use a blueberry flavoured yoghurt!

Melt the chocolate broken up in a bowl, slowly over a pan of boiling water, or very carefully in a microwave: Heat it on medium high for about 1 minute to start with. Remove from the microwave and stir. Repeat heating at shorter intervals, 15 to 20 seconds, stirring in between, until the chocolate is completely melted and has a smooth consistency. When the chocolate is smooth and melted, stir in the yoghurt.

When the flapjack is baked, remove from the oven and allow to cool for 5 minutes then pour over the icing. Allow the flapjack to cool in the baking tin. Place in the fridge. When you are ready to cut up the flapjack, remove from the fridge, take out of the baking tin and cut into about 12 pieces or however many you want.

