

## NUTRITION: Lazza's Kitchen Adventure Strawberry, Coconut, and Walnut Flapjacks

A NEW Recipe from Lazza's Kitchen.  
Lazza made his first Flavoured Flapjacks from scratch

The word "flapjack" is used as early as the beginning of the 16th century, although at this time it seems to have been a flat tart.

Shakespeare refers to "flap-jacks" in his play "Pericles, Prince of Tyre", but this is one of the many anachronisms in his historical plays and does not suggest that he thought it was a middle eastern dish, merely a common English dessert of the time.

### Ingredients

- 200g Salted Butter
- 200g Soft Brown Sugar
- 200g Golden Syrup
- 500g Rolled Porridge Oats
- Walnut Pieces
- Strawberry Jam
- Desiccated Coconut
- Vanilla Essence

One of the simpler recipes here. But quality is just as important.

The great thing with flapjacks (like muffins) is you can play with different flavours.

Heat the oven to 150C and line baking tray.

Melt the butter, sugar and syrup gently in a saucepan until smooth and well combined.

Stir in the oats and walnuts, adding a splash of vanilla essence, until combined

Put half the mix in the tin and spread out evenly to cover the base.

Top with half the strawberry jam, then evenly scatter over half the coconut.

Top with the remaining oat mixture, then repeat with the remaining jam and coconut.

Bake for 40 minutes.

Leave to cool in the tin, then turn out and cut into squares with a sharp knife.

I would say this is very sweet. You can probably cut the syrup and sugar content down if you wanted.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.