

# Fairtrade Flapjack

A flapjack recipe provided by an **English**<sup>1</sup> **FAIRTRADE** food survival expert.

## Ingredients

- 320 g oatflakes
- 200 g butter
- 250 g **FAIRTRADE** demerara sugar
- 1 pinch salt
- 1 generous **FAIRTRADE** sultanas or raisins  
handful
- another **FAIRTRADE** dried fruit  
generous  
handful
- 5 ml **FAIRTRADE** ground cinnamon
- 5 ml **FAIRTRADE** ground nutmeg

## Variation

Tasty stuff tried so far includes bananas, apples, chocolate and mango, but there are lots of obvious **FAIRTRADE** ingredients one could try...

The temptation to substitute "good for you" margarine in place of butter may lead to a "soggy" flapjack, so increase the cooking time.

## Method

Preheat oven to 190C (Gas Mark 5).

Mix oats, sugar, salt, sultanas, spices and tasty stuff in a big bowl.

Melt butter and pour in, mixing until an even colour.

Line a deep baking tray with foil (or greaseproof paper) and spread the mixture in the bottom.

Place in oven and cook for 35-50 minutes (depending on how hard you like your flapjack).

Remove, leave to cool and serve.

## To serve

Serve cool.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>