

# NO-BAKE FLAPJACK

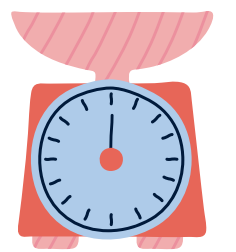
Chang Ming Health Diet



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## INGREDIENTS

80g Cashew Nuts  
200g Chopped Dates  
150g Smooth Peanut Butter or Tahini  
50g Maple Syrup  
150g Porridge Oats  
60g Seed Mix (chia, pumpkin, sesame, sunflower)  
1 tbsp Goja Berries or edible rose petals



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## MIX

Whiz the cashews in a food processor, add to the mixing bowl with the Seeds, berries and Oats.

Whiz the dates in the food processor adding a little water if needed to bring the mixture together. Add to the mixing bowl.

Heat the peanut butter and maple syrup together. Add to the mixing bowl.

Mix all the ingredients together.

Press the mixture into a lined loaf tin



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## CHILL

Leave in the fridge for at least 2 hours to set.

Store in the fridge in an air tight container.

