



Chocolate & Cherry Flapjack

Perfect for refuelling & recovery



Chocolate & Cherry Flapjack

Green & Black's recipe

175g muscovado sugar
350g unsalted butter
3tbsp golden syrup
175g soft brown sugar
6tbsps cocoa powder
450g rolled or porridge oats
100g glace morello cherries

 Makes 20 bars

 High Carb (37g)

 Low Protein (3g)

 Fridge/Freeze

- Preheat oven to 140c (fan).
- Butter or line a 17x28cm baking tray.
- Melt the butter, syrup and both sugars in the saucepan. Do not allow them to bubble.
- Mix in the oats and the cocoa.
- Use a fork to press the mixture into the baking tray and bake for 18-20 mins.
- The flapjack needs to cook to the centre but you don't want them to bubble, otherwise they will be too toffee-like. They should stay moist.
- Remove from the oven and leave to cool for about 20 mins before slicing up into bars.
- Leave to cool completely before removing from the tray.



Pro tip from Becky



“If you find your flapjacks or bars are a bit too crumbly to hold together in a pocket for on the go eating then after you have made a tray, before cutting into portions, put some heavy weights on the top (books/cans) and this will compress the flapjacks and make them much more portable.”

Genius!



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- Create personalised fuelling plans for training and race day
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