**Banana Flapjacks**

*Makes 12*

**Ingredients:**

* 300g oats
* 100g dried apricots
* 70g raisins
* 30g dried cranberries
* 50g almonds
* 50g sunflower seeds
* 50g sunflower margarine
* 3 tbsp crunchy peanut butter
* 4 tbsp honey
* 2 bananas, mashed
* 1 apple, peeled & grated
* 100ml hot water

**Method:**

1. Preheat the oven to 160C/140C(fan). Grease and line a 20x20cm baking tin.
2. Gently toast the seeds and almonds in a heavy based pan. Transfer them to a large mixing bowl, along with the oats and dried fruit.
3. Melt the margarine over a low heat, along with the peanut butter and honey. Add the bananas, apple and water.
4. Pour the wet mixture into the mixing bowl and combine thoroughly. Transfer the batter into the prepared tin and smooth. Bake for 50-60 minutes until golden brown.
5. Once removed from the oven allow to cool for 10 minutes before turning out onto a wire rack. Leave to cool completely before cutting into 12.
6. These flapjacks will keep well in the fridge for around 5 days, should they last that long.