

3-INGREDIENT FLAPJACK SNACKS SERVED 3 WAYS

Serves 24

INGREDIENTS

For the flapjacks:

3 cups self-raising flour
3 cups double cream plain yoghurt
3 eggs

For the flapjack skewers:

6 strawberries, stems removed, halved
1 banana, thick slices

For the cookie cutter flapjack sandwiches:

6 slices cheese
6 slices polony

For the chocolate-stuffed flapjacks:

½ cup chocolate spread

Serving suggestion:

Juice box
Fruit

METHOD

For the flapjacks:

1. Sieve the flour into a medium-sized mixing bowl.
2. Make a well in the centre of the flour and add in the double cream plain yoghurt and eggs. Using a whisk (we recommend the Berlinger Haus whisk), beat the batter until it is smooth and lump-free. Add one cup of water and keep beating until you have a thick but pourable consistency.
3. Pour the batter into an upcycled squeeze bottle (a clean sweet chilli, mayo or tomato sauce bottle will work!). **Chef's Tip: Use a strong resealable bag if you don't have a squeeze bottle and cut off a tiny corner.*
4. Heat a greased pan over a medium heat (we like the Tefal 25cm Extra Non-Stick Pancake Pan).



For the flapjack skewers:

5. Squeeze small, equal-sized drops of the batter into the pan, leaving space for each to spread slightly. Allow the flapjacks to cook until small bubbles appear on the surface and use a skewer to flip them over. Cook the other side until golden, about 1-2 minutes per side.
6. Place a flapjack through a skewer. Add a strawberry half, top with a slice of banana and finish off with another flapjack. Repeat twice over. Repeat for the remaining flapjacks and fruit.

For the cookie cutter flapjack sandwiches:

7. Generously spray your cookie cutters (we used the Kitchen Inspire Cookie Cutters) and the pan with cooking spray between each batch. Place the cutters on the pan and squeeze the batter into the cookie cutter, onto the pan. Allow the flapjacks to cook until small bubbles appear on the surface. Use a pair of tongs to remove the cookie cutters (they will be hot). Flip the flapjacks over with a skewer and cook the other side until golden, about 1-2 minutes per side.
8. Use the cookie cutter to cut the cheese and polony slices. The shapes should correspond to the cookie cutter flapjacks. Add a slice of cheese and polony on a flapjack, top with a corresponding flapjack and repeat with the remaining flapjacks to create the sandwiches.

For the chocolate-stuffed flapjacks:

9. Squeeze small, equal-sized drops of the batter into the pan, leaving space for each to spread slightly. Immediately pipe a button-sized drop of chocolate spread onto the pancake. Allow to partially set before covering with more pancake batter. Cook for at least another minute, before flipping over with a skewer and cooking the other side until golden.
10. Place a variety of the flapjack on a serving platter. Serve alongside a juice box and some fruit, and ENJOY!