



**Cooking
in the
Kitchen
at Olums**

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Pumpkin Seed Flapjack Bars

Serves 12

Flap jacks have been made in the UK since the early 1900's or even maybe longer, some call it the original granola bar.

Ingredients:

- 6 ounces butter
- 6 Tbsp. Lyle's Golden syrup*
- 2 cups old fashioned oats
- 2 Tbsp. pumpkin seeds
- Pinch of salt

*Can sub maple syrup if unable to find golden syrup, which is liquid cane sugar syrup

Directions:

1. Preheat the oven to 350° F.
2. Prepare a 9" x 9" pan with butter and line it with parchment paper.
3. In a sauce pan add the golden syrup and butter, and cook over medium heat until the butter has melted into the syrup.
4. Add the oats, pumpkin seeds, and a pinch of salt to a mixing bowl. Pour the melted syrup mixture over the oats and stir to coat.
5. Transfer the flapjack batter to the prepared pan and spread evenly. Bake for 25 minutes or until the top is golden brown. Cool in the pan and then slice. Once cooled store the bars in an air tight container.