

# Cranberry & Pistachio Flapjacks



I made these delicious vegan treats for a presentation about the benefits of coconut oil. Extremely simple to make and they keep for several days in the fridge. These raw flapjacks are divine with a cup of cinnamon tea.

300g jumbo porridge oats  
250g coconut oil  
100g dates  
75g pistachio nuts  
75g cranberries  
75g Agave Syrup  
Pinch of cinnamon

Finely chop dates and add just enough warm water to cover. When they have softened, strain and mash into a smooth paste. Stir together the porridge oats and melted coconut oil, add the date puree. Roughly chop the cranberries and pistachios and add to the mixture, plus a sprinkle of cinnamon to taste.

Press the mixture firmly and evenly into a 20 x 30 cm container. Place in the fridge and when the mixture has partially set lightly score with a knife into portions. Leave for a few hours or overnight if possible to set before serving.