



Cheesy Carrot Packed Lunch Flapjacks

Prep. time 10 minutes / Marinating time 30 minutes / Cooking time 15 minutes / Serves 2-4.

These delicious savoury flapjacks will surely prove a firm favourite in any lunchbox, as well a great choice for picnics! Full of carrotty and oaty yumminess, and appealing Smoked Sheese tang, who could resist?

Ingredients

- 100g margarine
- 2 tablespoons flaxseeds
- 250g oats
- 2 carrots, grated
- 1 teaspoon mixed herbs
- 50g seeds of choice (I used sunflower)
- 100g grated Smoked Sheese

Cooking Method

1. Melt the margarine and mix the flaxseed with 2 tablespoons of water and set aside.
2. Mix together the oats, grated carrot, herbs, seeds and grated Sheese in a bowl.
3. Pour in the melted margarine and flax 'egg' and stir well to coat everything.
4. Tip into a lined tin and pat down well. Bake at 180C for 20 minutes until golden and firm, then leave to cool for 10 minutes.
5. Cut into bars then leave to cool completely. Then pop out of the tin, pop in a packed lunch and enjoy! Keep in the fridge for up to 4 days.