



Rainbow Flapjack

This cereal based Rainbow Flapjack is a colourful, eye-catching pudding! It's a fantastic recipe to make with your little ones, as they can practice basic cooking skills, such as measuring, mixing and chopping.

Ingredients

- 150g rolled oats
- 100g chopped dates
- 4 tbsp orange juice
- Tinned pears (in juice)

For decoration:

- Strawberries, blueberries and kiwi
- Plain yoghurt

Equipment

- Scales
- Baking paper
- Potato masher
- Mixing Bowl
- wooden spoon
- Measuring jug
- Baking Tray
- Child-friendly knife
- Chopping board

Recipe Method

1. **Parent-** preheat your oven to 170°C and line a baking tray (8x8inch)
 2. **Child-** draw a rainbow shape on the baking paper
 3. **Child-** add the tinned pear to the mixing bowl and mash well
 4. **Child-** add the oats, chopped dates and orange juice to the mashed pear
 5. **Child and parent-** mix the ingredients together until combined
 6. **Child-** spoon the mixture onto the rainbow shape
 7. **Parent-** shape the mixture into a rainbow shape
 8. **Parent-** place in the oven and bake for around 20-25 minutes
 9. **Parent and child-** once cool, spoon some yoghurt over the flapjack and spread
 10. **Child-** get creative with the chopped fruit and decorate the flapjack
 11. **Parent-** Take a picture of your creation to share with us on social media
 12. Sit and enjoy the Rainbow Flapjack together!
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Opportunities for Learning

Develop cooking skills: measuring, mashing, chopping, mixing, pouring, scooping, spreading

Learning- ask your child questions, such as:

- what numbers can you see on the scale?
- what colours can you see?
- what does this feel like?
- what shape is this?
- why is this food good for us?