



# RAINBOW FLAPJACK



**SERVINGS:**  
15



**TIME:**  
40 MINS



**DIFFICULTY:**  
EASY



**COST:**  
££££

## Ingredients:

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

## For the Decoration:

- 300g mixed fruit (strawberries, blueberries, kiwi)
- 4 tbsp natural or Greek yoghurt

## Method:

1. Pre-heat your oven to 170c/150c fan/gas 3
2. Draw a rainbow shape on a sheet of baking paper, place on a baking tray
3. Add the tinned pears to a mixing bowl and mash well
4. Add the oats, chopped dates and orange juice to the mashed pear and mix the ingredients until combined
5. Spoon the mixture onto the rainbow shape, shaping as you go
6. Place the rainbow in your pre-heated oven for around 20-25 minutes
7. Once baked allow to cool. You can then begin to decorate your rainbow. Spread the yoghurt over the mixture and then decorate with your fruit (ensure the fruit texture is suitable for children)
8. Serve and enjoy!