**Banana and dates flapjacks with berry compote**

**Flapjack ingredient:**

100g dates

3 very ripe bananas

1 apple

50g vegetable or coconut oil (or vegetable oil)

250g porridge oats

1 teaspoon cinnamon

½ teaspoon soda bicarbonate

1 teaspoon vanilla extract (optional)

Dried fruit and /or seeds and nuts (optional)

**Berry compote ingredients:**

300g frozen berries

1 apple, chopped

1 lemon

**Equipment:**

1 medium bowl

Blender or hand stick blender

Oven proof dosh

Parchment paper

1 small saucepan

**Instruction:**

1. Place dates in a bowl with 100g boiling water and leave to soak for 5 minutes
2. Once soaked, put the dates and water in a blender, with banana, oil, vanilla, apple and soda bicarbonate. Process until smooth and paste –like.
3. Tip the paste into a bowl and add the oats, and seeds and dried fruit if using.
4. Stir to combine, then place the mixture in a greased oven-proof dish, measuring approx. 20x15 cm. Top with sliced banana.
5. Bake in a pre-heat oven at 180degrees for about 20-25 minutes, until golden and firm
6. Once cool, cut up in squares and store in an air-tight container for up to 4 days

**Berry compote:**

1. In a saucepan, combine the frozen berries and chopped apple with the lemon juice over medium-high heat.
2. Bring to a boil and allow to cook for 10-15 minutes, stirring occasionally.
3. Remove from heat and set aside to cool. The compote will thicken as it cools.
4. Store in a sealed container for up to 1 week.