

Blossom's Fabulous Flapjacks

Recipe:

Ingredients

200g unsalted butter
100g golden syrup
100g coconut palm sugar
Finely grated zest of 1 orange
Finely grated zest of 1 lemon
50g dates, chopped
250g porridge oats
50g spelt flour
100g nuts (any kind, we used a mix of almonds, brazils, cashews, walnuts and hazelnuts)
1 tsp ground cinnamon or mixed spice (we did a small tsp of each)



Method:

Preheat oven to 160C/325F/gas mark 3.
Grease and line 20x25cm tin.
Put the butter, syrup, sugar, orange and lemon zest and dates in a pan.
Heat gently, stirring occasionally until the butter has melted and sugar dissolved.
Mix together the oats, flour, nuts and spice in a large mixing bowl.
Pour in the melted butter mixture.
Mix everything very thoroughly together, then spread out in the prepared tin and bake for 25-30 minutes, until golden brown.
While it's still warm and soft, cut into squares, then leave to cool and set.

Then enjoy with a nice cuppa ☕ 😊

Ferran's Caesar Salad

Chicken ceaser Salad.

Ingredients:

mayonnaise.

Tomato.

Dijon mustard.

lettuce.

Italian Grated cheese.

Chicken.

bread.

Garlic.

Lemon.

Cooking Method.

1. First cut the bread into cubes then put salt, pepper and onion and put it in the oven to become crusty.
2. Fry the chicken add salt and pepper to the taste.
3. To make the sauce mix mayonnaise, Dijon mustard, Italian grated cheese, garlic and lemon. Finally cut the lettuce in a bowl add sauce and mix.
5. Serve to the plate and sprinkle Italian grated cheese over the ceaser salad.



Danny's Catalan Chicken With Potatoes

