

Numberblock 6: Flapjack

What you need:

Pot

Wooden spoon

23cm x 33cm baking tin

Baking parchment

Knife **Grown-ups only**

Ingredients:

200g coconut oil

7tsp dark agave nectar, or
maple Syrup, or honey

1 ripe banana

500g porridge oats

350g blueberries

Grated zest and juice of lemon

Grapes

Blueberries

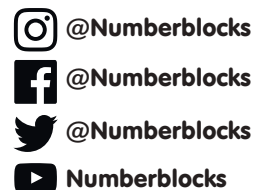
Strawberry

An apple

A Plum

Dragon fruit

1. Melt coconut with agave nectar in a pot, stir in mashed banana and porridge oats. Mix well.
2. In a separate pan, cook blueberries with lemon zest and juice.
3. Layout the flapjack mixture into a 23cm x 33cm baking tin and evenly spread the blueberries on top.
4. Cook at gas mark 4 or 180°C for 20-25 minutes.
5. Leave to cool in the tin for 5 mins.
6. Cut into squares then completely cool in the tin.
7. It's time to create your Six! Grab your grapes and cut out a numberling 6.
8. Using the remaining grapes, get your strawberries and an apple and cut out the shape of Six's eyes and eyelashes.
9. We're nearly there! Cut two squares out of Dragon Fruit for Six's dice and put together!
10. Fill the lunchbox with the remaining grapes, blueberries and dragon fruit
11. before placing your Six on top.
Six's lunchbox! Let's roll!



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LEVEL 2