

Delicious ideas with the Juvela Breakfast Club!



Flapjacks (Makes 9 pieces)

Yummy, buttery flapjacks, perfect for lunch boxes, picnics or with your mid-morning cuppa!

Ingredients

125g (5oz) Juvela Pure Oats

65g (2½oz) butter

65g (2½oz) brown sugar

2tbsp golden syrup

Oven temperature: 180°C/350°F/Gas Mark 4

You'll need a 15cm (6") square tin

Method

In a large pan, melt the butter, sugar and syrup over a medium heat. Add the Juvela Pure Oats, stirring to coat them with the melted mixture.

Transfer to the tin and bake in a preheated oven for 15-20 minutes until golden brown.

Chocolatey Flake Cakes (Makes 12)

The classic party treat - great for children and adults alike!

Ingredients (basic recipe)

150g (6oz) milk or white chocolate

75g (3oz) Juvela Gluten-Free Special Flakes or Fibre Flakes

Method

Melt the chocolate in a large bowl in a microwave stirring occasionally.

Stir in the Flakes and mix well until coated.

Spoon into paper cases and place in the fridge to set.

Variations

Try adding dried fruit such as cranberries, apricots, sultanas or raisins; or for an extra special treat, try mini marshmallows or chunks of fudge.



For added ingredients, check Coeliac UK's Food & Drink Directory or the product label to ensure that the brand you are using is gluten-free

juvela
gluten & wheat free