Coconut and Chocolate Flapjacks

If you are on a diet, look away now, this is a Fatjack! However, this is a soft and chewy flapjack with the added flavour of coconut. Irresistible.

Ingredients

- 250g butter
- 150g light brown sugar
- 250g/175ml golden syrup
- 1 tsp vanilla essence
- 300g porridge oats
- 70g desiccated coconut
- 200g good quality 70% dark chocolate

1. Preheat the oven to 180C. Grease and line an 8 x 8 inch cake tin.
2. Put the butter, sugar, golden syrup and vanilla in a pan and stir over a low heat. When it is all melted remove from the heat.
3. Add the oats and coconut and mix well. Transfer to the cake tin and smooth with the back of a spoon, into the corners until is it level.
4. Place into the oven for 25 minutes. It should be golden brown and starting to crisp on the edges, but still be quite soft in the middle. This is what will make it chewy, if you over bake it, it will be too dry.
5. Leave to cool in the pan for 20 minutes and then transfer to a cooling rack and leave to cool.
6. Melt the chocolate over a bain marie or in the microwave on medium until smooth. Place the flapjack back into the cake tin and then pour the chocolate over the top.
7. Make sure the chocolate is evenly spread, tilt the pan so it gets into all the corners.
8. Place into the fridge to set for at least an hour, probably two.
9. Carefully run a knife round the edge of the chocolate and then transfer to a chopping board. Using a large sharp (hot) knife cut into 4 equal rows and then turn and repeat to make 16 squares.

If not a fan of dark chocolate, you can use milk chocolate, but that will be pretty sweet. I like to mix dark and milk 50:50 to get a compromise. Also, to stop the chocolate from cracking when you cut the flapjack, add 2 teaspoons of neutral flavour oil when melting it. Coconut oil is good if you have it, otherwise rapeseed works. Just don't use olive oil. For additional flavour, sprinkle the top with a little sea salt, or roasted coconut.