



Oats: The small grain that packs a mighty punch!

Oats make a great healthy start to the day. Below are five of our favourite reasons to start embracing this humble super food at your breakfast club:

1. Just one cup of oats contains **6g of protein** and **4g of fibre**
2. Oats are **rich in beta-glucans** which slow down the absorption of carbohydrates into the bloodstream and **prevent spikes in blood sugar**
3. They're also a **rich source of magnesium** which is key to enzyme function, energy production and has even been proven to be an **effective mood booster!**
4. Oats have a **high fibre** content that **helps remove cholesterol** from the bloodstream
5. Increased consumption of whole grains has even been linked to a **reduced risk of childhood asthma**



Why not celebrate the power of this unassuming grain at your club with our great, super easy, no-bake Flapjack recipe? It takes minutes, is fun to make and is sure to make even the fussiest eater embrace this super food!

No Bake Flapjacks

You will need:

- 250g of rolled porridge oats
- 75g of puffed rice cereal like Rice Krispies
- 75g butter
- 4-5 tablespoons of golden syrup (option to add mashed banana)
- 75g of light brown sugar
- A generous handful of dried fruit e.g. cherries, raisins or apricots

How to make them:

1. Grease a 20cm by 20cm square tin (or equivalent)
2. Put the oats, rice cereal and fruit in a large bowl
3. Melt the butter, syrup and sugar over a low heat and stir well until melted
4. Then simmer for 2 minutes until you have a thick syrupy mixture
5. Quickly stir the syrup mix into the dry mix
6. Tip the combined mixture into the tin
7. Press down with the back of a spoon to create an even surface
8. Leave to cool and set for two hours



Enjoy!