



No-Bake Quinoa Flapjack

We had the pleasure of working with The Bertinet Kitchen recently who delivered a cookery session at one of our events - their session got children thinking about carbon footprint and how using the amazing range of local ingredients we can find right here on the doorstep of the Wicked Weather Watch offices in Bath can reduce our food miles and have a more positive impact on our planet.

A huge thank you to The Bertinet Kitchen and the local companies who supported the cookery session by providing their produce. The quinoa came from the Bath Farm Girls, rapeseed oil from Bath Harvest, blueberries and raspberries from Lovejoys Wholesale - all sourced within 25 miles of the event!

An easy cookery activity to do with your kids and a nice opportunity to talk to them about how our choices can impact our wonderful world, and the outcome, a delicious healthy snack to enjoy together!

Made with lovely Bath produce!

THE BERTINET KITCHEN

cookery school

www.thebertinetkitchen.com



Ingredients

- 8x8" dish
- 2.5 cups quinoa flakes
- 1 cup nut or seed butter
- 1/3 cup honey
- 1/4 cup rapeseed oil
- 2 tsp cinnamon
- 1 tsp vanilla
- 1/2 tsp salt
- Various berries

Method

1. Put all dry ingredients together and mix
2. Put all 'wet' ingredients into a pan and melt gently over heat
3. Stir to combine all ingredients
4. Press into dish and put in the fridge for a few hours to set