



COOK THE
COMMONWEALTH

Community-Picnic

with

Cook the Commonwealth



SAVOURY FLAPJACK

Dry ingredients:

150g porridge oats,
25g sunflower seeds,
25g pumpkin seeds,
100g cheddar cheese,
½ tsp mustard powder
Pinch cayenne pepper

Wet ingredients:

30ml milk
1 egg
75g spread

Serves 6 as a lunch
with salad



1. Mix dry ingredients
2. Add in wet ingredients
3. Put in greased baking tin
4. Bake at 180 °C for 25-30 minutes

Link: [Community-Picnic - CWG](#) →

Why not try bringing a taste of the Commonwealth to picnics this summer by cooking one of these recipes, especially chosen to be made in advance and eaten cold.

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