

No Bake Flap-Jack Rüssells

Ingredients

- 120ml Lactose free milk,
- 130g of peanut butter (no xylitol)
- 380g Roll Oats

Method

- 1) Stir vigorously to combine the first 2 ingredients in a large bowl.
- 2) Slowly stir (and Mash) in the oats, about a 3rd at a time. The mixture will be very thick.
- 3) Scoop out with a desserts spoon into damp hands to form a ball shape.
- 4) Place onto grease proof / parchment paper
- 5) Pop into the fridge for at least an hour.







