

## Vegan Fudge Flap Jacks

Okay - really I'm just combining two of my favourite things - flapjacks and fudge. Can you blame me?



First make the flap jacks!

### Ingredients and Method

Grease a loaf or cake tin and pre-heat your oven to 170°C

12 oz Oats - Gluten Free from Nairn's or Sainsbury's

8 oz Pure Sunflower margarine

8 oz Brown sugar

2 tbs Golden syrup

Pinch of salt

Melt the non dairy margarine and sugars in a heavy bottomed pot over a medium heat.

Stir in the oats a cup at a time, and add the salt.

Bake for 15 minutes at 170° C. They will be bubbling when they come out of the oven and look quite soft. Take out of the pan while still warm and place on a wire rack.

## Now make the Fudge

### Ingredients

2 cups caster sugar

2/3 cup dairy free milk or dairy free cream

2 tablespoon golden syrup

1/4 tsp salt

2 tablespoon dairy free margarine (I used Pure Sunflower)

2 tsp vanilla paste

### Method

Grease a loaf pan.

Mix sugar, dairy free milk, corn syrup and salt in a pan. Cook over a medium heat, stirring until the the sugar dissovled. It should be bubbling nicely. Watch it carefully - there are few things more horrid than dealing with a pan of boiling over sugar syrup! If you have a candy thermometer then continue cooking until it reaches 235°. Or it forms a soft ball when dropped into a glass of cold water.

Take off the heat, put in the margarine and leave to cool. Don't stir the margarine in - just plop it in. Cool until it's 120° on the candy thermometer or until the bottom of the pan is just warm to the touch (about 10 minutes). Add in the vanilla paste and stir with a wooden spoon until the candy gets thick and it's no longer glossy - that's about 5-7 minutes. Don't over mix or it will start to set in the pan.

### The Final Bit

Drizzle the fudge over top using a spoon; or dip your flapjacks in face down to get complete coverage. Put any unused fudge into a greased loaf tin to eat later!

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