

# Flapjacks

My flapjacks are probably one of the best things I will ever teach you when it comes to food but it is not because it is the most amazing recipe - it is because of the system of habits I have built to make flapjacks every single morning since my oldest daughter started secondary school. The recipe is beyond easy to follow but the real learning comes from understanding that in order for me to make a healthy food choice for Ali every morning I created a habit that I follow the night before and this has been a systematic game changer in my life for everything when it comes to my food.

Healthy food is convenient if you make it convenient. Making good food choices is about habits - nothing else, and if you want to change your life when it comes to your food then you have to change your focus from dieting to habits.



The recipe below is for a portion for one growing teenager who likes to share with her mates but this would be two portions if Ali was still in primary school.

### **Ingredients;**

- 32g butter
- 32g brown sugar
- 64g Porridge Oats (best to mix jumbo oats with normal oats)
- 1 tsp honey
- Sprinkle in some chocolate chips or raisins (leave out if you want lower calories)

### **How to;**

Using a mixer, mix butter and sugar together. Next add in the oats. Next the spoon of honey. Next add your chocolate chips or raisins. Spread the mix out on a baking tray that has been lined with grease-proof paper

Put it in the oven at 180° for 12 minutes  
Allow to cool before cutting it up into small bite-sized pieces making it easier to eat and share when in school.



*Flapjacks*





**CHANGE  
YOUR  
HABITS**



**CHANGE  
YOUR  
LIFE**

### **My Habit the Night Before**

In a plastic container, I place my butter on one side and my brown sugar on the other.

In a separate plastic container, I measure out my oats.

I store my chocolate chips in another container so they are always ready to go.

I place the lunch boxes and the jar of honey right beside my mixer.

Sunday evenings I cut 5 appropriately sized pieces of grease-proof paper and I have them left close to the mixer (close but stored neatly away - because I'm a neat freak).

With everything left out the night before my task the next morning takes me approximately 2 minutes. As soon as I walk into the kitchen I automatically turn on the oven to preheat it. I plug in my lights the mornings I have to teach class and I move the clothes horse. Next, I go back and mix all the ingredients together and pop it in the oven. I can recall my steps action by action as I type because this system is a habit where one action falls in line with another.