

Fruity flapjacks



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Ingredients

150g oats
50g sugar
50g butter/margarine
2x15ml spoons golden syrup
75g dried fruit, e.g. sliced
apricots

Equipment

Measuring spoons, saucepan,
wooden spoon, baking tin.



Method

1. Preheat oven to 200C or gas mark 6.
2. Grease a shallow baking tin and line with greaseproof paper.
3. Place the syrup, butter/margarine and sugar into a saucepan and gently heat until the butter/margarine has melted.
4. Stir in the oats.
5. Pour $\frac{1}{2}$ the mixture into the baking tin.
6. Arrange the dried fruit over the oats.
7. Pour the remaining mixture over the fruit and pat down.
8. Bake for 20 minutes until lightly browned.
9. Remove from the oven and cut into portions in the baking tin while hot.

Tips

- * Vary the type of dried fruit, e.g. sultanas, figs, mixed fruit.
- * Add 1x5ml spoon cinnamon or mixed spice to the oat mixture.