

Fruity Flapjack Recipe

Ingredients

75g dried apricots
150g oats
50g sugar
70g butter or margarine
2x15ml spoons golden syrup (2 tablespoons)

Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, white plastic spoon, spatula, non-stick baking tin, palette knife.

Method

1. Preheat the oven to 180°C or Gas Mark 4.
2. Chop the apricots into small pieces.
3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tin. (7inch round sandwich tin.)
6. Use the back of a metal spoon to pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin while hot.

Top tips

Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.