

Flapjacks



Ingredients:

150g Oats



75g Dried Fruit (e.g. Apricots, Raisins, Sultanas)

50g Caster Sugar



50g Butter

2 x 15ml Spoons Golden Syrup

Please bring a circular or square baking tin approximately 18 to 20cm. You also require a piece of tin foil to cover your tin so you can take it home.

Method:

1. Preheat oven to 190°C or Gas Mark 4.
2. Weigh the ingredients accurately.
3. Line a baking tin with a piece of greaseproof paper.
4. Chop the apricots into small pieces.
5. Place the butter, sugar and syrup into a saucepan, place at the front of the hob and gently heat until the butter has melted. Stir with a white plastic stirring spoon.
6. Remove the saucepan from the hob and place on a pan-stand. Stir in the oats and dried fruit, mix thoroughly.
7. Pour the mixture into the lined baking tin.
8. Pat down the mixture in the baking tin.
9. Bake for 15 to 20 minutes, until lightly browned.
10. Remove from the oven, place the tin on a pan-stand and cut into 'bars' in the baking tin while hot.
11. Allow to cool before removing from the tin.



Adaptations:

- Add cinnamon, ginger or mixed spice to the oat mix.
- Grated apple or carrot can be added.
- Add any dried fruit, for example: currants, cherries, raisins etc.
- Decorate with melted chocolate when you get home.