

# Fruity flapjacks

## Ingredients

75g dried apricots  
150g oats  
50g sugar  
50g butter or soft spread  
2 x 15ml spoons golden syrup



## Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden 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 fat, sugar and syrup into a saucepan and gently heat until the fat has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray.
6. 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.
- Add 1 x 15ml spoon cinnamon, ginger or mixed spice to the oat mixture
- Go for grated fresh apple or carrot.
- The baking tin gets hot so remember to use oven gloves.

## Food skills

- Weigh.
- Measure.
- Chop.
- Melt.
- Mix, stir and combine
- Bake.

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