



Fruit flapjacks

Ingredients

75g dried apricots
150g oats
50g sugar
50g butter or margarine
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 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 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.

