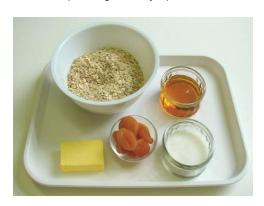


Fruit flapjacks

Ingredients 75g dried apricots

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



Method

1. Preheat the oven to 180°C or gas mark 4.



Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, nonstick baking tin, palette knife.



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.



5. Pour the mixture into a non-stick (or lined) baking tray.



7. Bake for 15 - 20 minutes, until lightly browned.



4. Stir in the oats and apricots.



6. Pat down the mixture in the baking tin.



8. Remove from the oven and cut into 'bars' in the baking tin while hot.

