

Fruity Flapjack

- 100g / 4oz butter or margarine
- 2 generous tablespoons golden syrup or other sticky substance e.g. jam or marmalade (or 100g / 4oz in weight)
- 200g / 8oz rolled oats (**not** Jumbo oats)
- 50g / 2oz sugar (optional – FOR A HEALTHIER FLAPJACK, LEAVE THIS OUT)
- 75g / 3oz dried fruit, e.g. currants, sultanas, raisins, cherries, coconut, dried apricots, chopped dates, sliced banana, dried mango papaya, pineapple, apple or pear etc.

Method

1. Heat oven Gas 5 / 190°C.
2. Grease and line an 18cm round tin with baking parchment.
3. Measure golden syrup into a pan, then add margarine or butter. Place over a very low heat and stir until melted. DO NOT ALLOW THIS MIXTURE TO GET TOO HOT.
4. Stir in the rolled oats, sugar (if using) and chopped fruit.
5. Spoon into the baking tin and level off.
6. Bake for 20-30 mins until golden brown and beginning to firm around the edges. (It will still be soft in the centre)
7. Allow to cool slightly, then cut into wedges or bars. Allow to cool 10 mins more before moving from the tin onto a cooling rack.

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