

Fruit Flapjack

Ingredients

300g Porridge Oats -DO NOT
BRING GIANT OATS
pinch of salt
100g margarine (cold)
100g sugar
4 tbsp golden syrup



Aim higher

Add 150g dried apricots, raisins or
other dried fruit to make your
flapjacks healthier

**TIME IS LIMITED IN LESSONS
SO PLEASE MAKE SURE ALL
INGREDIENTS ARE WEIGHED UP
AT HOME**

Equipment

All equipment is provided by school
but ..

***DON'T FORGET A CONTAINER
TO TAKE YOUR FOOD HOME***

Oven temperature : *Gas 4 or 180°C or 160°C fan*

Method:

- Preheat oven and collect equipment
- Chop the apricots into small pieces
- Grease and line baking tray
- Place sugar, syrup and margarine in the saucepan and stir gently over a medium heat using a wooden spoon until melted.
- Take off the heat and stir in the oats and fruit carefully.
- Spoon the mixture into the tray and press down well.
- Bake for 15-20 mins until golden brown.
- Cut while warm and transfer to cooling tray.