

Fruit flapjacks

Ingredients

50g dried fruit
 225g oats
 50g sugar
 100g butter or margarine
 100g 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. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in the oats and chopped fruit.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Pat down the mixture in the baking tin.
6. Bake for 15 - 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.
8. Leave to cool

Top tips

- Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- Add 1 x 5ml spoon cinnamon, ginger or mixed spice to the oat mixture.
- Go for grated fresh apple or carrot.

Skills

Using the oven	Claw grip	Using the hob	Combining	Weighing/measuring
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