



Flapjacks



Ingredients



2x15ml

spoons



golden



syrup



50g



butter



50g



sugar



150g

oats



50g



dried fruit,

e.g.

e.g.



sliced

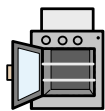
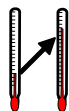


apricots



Method

1



200°C



6

1. Preheat oven to 200C or gas mark 6.

2



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2. Grease a shallow baking tin and line with

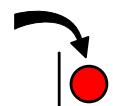


greaseproof paper.

3



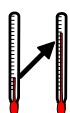
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3. Place the syrup, butter and sugar into a

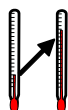


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saucepan and gently heat until the spread has melted.

4

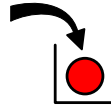


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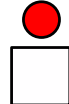
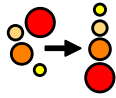
4. Remove from the heat and stir in the oats.

5



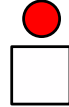
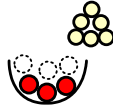
5. Pour $\frac{1}{2}$ the mixture into the baking tin.

6



6. Arrange the dried fruit over the mixture.

7



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7. Pour the remaining mixture over the fruit and

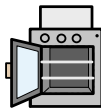
pat down.

8



8. Bake for 20 minutes until lightly browned.

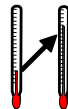
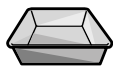
9



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9. Remove from the oven and cut into portions in



the baking tray while hot.