

Flapjack

Ingredients:

380 g	Rolled oats
85g	Honey
190g	Butter
190g	Demerara sugar
100g	Dried apricots or prunes (optional)
2 tsp	Ground cinnamon (optional)
	Other dried fruit, seeds or nuts can also be added, up to about 100g each

Method:

- Preheat the oven to 160°C and grease and line a baking tin (about 30cm by 20cm)
- Chop the apricots or prunes finely
- In a large bowl, mix all the ingredients except the butter, sugar, and honey
- Add the butter, sugar and honey to a saucepan and heat over a medium heat until bubbling
- Simmer for 5 minutes, stirring often, until it looks golden brown
- Pour the very hot wet mixture over the dry ingredients and mix until all the oats are coated
- Spoon and scrape the mixture into the baking tin and press flat with the back of a spoon or a potato masher
- Bake for 25-30 minutes until golden brown. The flapjack will still be slightly soft but will solidify as it cools
- Leave to cool completely before cutting into squares and removing from the tin



- Enjoy!