

Flapjack

Ingredients:



380g
Rolled
Oats



85g
Honey



190g
Butter



190g
Demerara
sugar



100g dried
apricots or
prunes
(optional)



2tsp
Ground
cinnamon

Other dried fruit, seeds or nuts can also be added, up to about 100g each

Method:

1



Preheat the oven to 160°C and grease and line a baking tin (about 30cm by 20cm)



Chop the apricots or prunes finely

3



In a large bowl, mix all the ingredients except the butter, sugar, and honey



4



Add the butter, sugar and honey to a saucepan and heat over a medium heat until bubbling

5



Simmer for 5 minutes, stirring often, until it looks golden brown

6



Pour the very hot wet mixture over the dry ingredients and mix until all the oats are coated



7



Spoon and scrape the mixture into the baking tin and press flat with the back of a spoon or a potato masher



8



Bake for 25-30 minutes until golden brown. The flapjack will still be slightly soft but will solidify as it cools



9



Leave to cool completely before cutting into squares and removing from the tin. Enjoy!