







Fruit Flapjacks

LO: To be able to make a successful flapjack by weighing out ingredients accurately and using the hob and oven safely.

Ingredients	Equipment
<p>75g dried apricots 150g oats 2 tbsp sugar 100g butter or margarine 2 tbsp golden syrup</p> 	<p>Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.</p> 
Method	
<p>1. Preheat the oven to 180°C or gas mark 4.</p> 	<p>2. Chop the apricots into small pieces.</p> 
<p>3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.</p> 	<p>4. Stir in the oats and apricots.</p> 



5. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.



6. Stir in the oats and apricots.



7. Pour the mixture into a non-stick (or lined) baking tray.



8. Pat down the mixture in the baking tin.



9. Bake for 15 - 20 minutes, until lightly browned.



10. Remove from the oven and cut into 'bars' in the baking tin while hot.

