

# Fruity Flapjacks (Class 142)

## Ingredients

- 100gms unsalted butter
- 75gms light brown sugar
- 60ml Golden Syrup
- 250gms rolled oats
- 50gms Raisins (or sultanas, cranberries, any other berry)
- 25gms Nuts (Flaked almonds, mixed chopped nuts, chopped walnuts)
- 1/2tsp good quality vanilla extract
- 1/2tsp cinnamon
- 1/2 a fresh chopped apple

## Method

Preheat oven to 180C or fan equivalent.

Line a 9-inch square baking tin with parchment paper and grease with butter.

Melt Golden Syrup, sugar and butter over low heat in a large saucepan. (do not allow it to burn)

Using a wooden spoon, mix in the oats and keep mixing until they are all coated with the buttery mixture.

Remove from heat.

Add nuts, raisins, vanilla and cinnamon, mix again and add the chopped apple.

Spoon the mixture into the baking tin and press it down.

Bake at 180C for 25mins.

Leave to cool in the tin and then cut the flapjacks into 16 squares.