

FRUITY FLAPJACK

A fabulous winter warmer

Portions **7**

Ingredients	138g	Oats
	4g	Baking Powder
	63g	Caster Sugar
	50g	Golden Syrup
	50g	Sultanas
	69g	Margarine
	10ml	Water
	100g	Granny Smith Apples – grated or Tinned Apple

Method

1. Melt the margarine, sugar and syrup slowly in a pan.
2. Add remaining ingredients and mix well together.
3. Spread mixture into greased tins.
4. Bake at Gas 3, 350°f (160°c) until firm and golden brown.
5. Cut when hot. Allow to cool slightly before removing from the tin.

Serve on its own or pour custard over

