

Makes
12



Apple Flapjack

There's nothing quite like flapjack and the apple makes this recipe nutritious and delicious!



Ingredients list

325g Rolled Oats

200g Apples – peeled, cored, and diced

140g Baking Margarine

120g Caster Sugar

90g Golden Syrup

20ml Water



Method

- 1. Slowly melt the margarine, sugar, and syrup in a large pan.**
- 2. Once melted, take the pan off the heat.**
- 3. Add the oats, apple and water to the pan and mix well.**
- 4. Lightly press the mixture into a greased and lined square or rectangular tin, 20cm x 30cm and bake at 160°C or gas mark 3 for 25 minutes or until firm and golden brown.**
- 5. Portion while hot. Allow to cool slightly before removing from the tin.**