



Fresh Ideas Feeding Minds

Recipe Feature Apple Flapjack

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

Makes 12

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.

