

# T H E F L A P J A C K S

## Ingredients:

- 150g oats
- 50g sugar
- 50g butter or margarine
- 2x15ml spoons of golden syrup
- 75g dried fruit - apricots, raisins etc



## Instructions:

1. Preheat oven to 200c or gas mark 6
2. Grease a shallow baking tin and line with greaseproof paper
3. Place the syrup, butter/margarine and sugar into a saucepan and heat gently until the butter/margarine has melted
4. Stir in the oats
5. Pour  $\frac{1}{2}$  the mixture into the tin
6. Arrange the dried fruit over the oats mixture
7. Pour the remaining mixture over the fruit and pat down
8. Bake for 20 mins until brown
9. Remove from the oven and cut into portions in the tray

Vary the type of dried fruit - sultanas, figs, mixed fruit. Maybe add some cinnamon or mixed spice to the oat mixture.