

Fruity flapjacks

Equipment

knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Skills

Weighing and measuring, melting, using the oven

Heat Transfer

Conduction & Convection

Keywords

Preheat, melted, lined, baked

Ingredients

50g dried fruit

150g oats

50g sugar

50g butter or margarine

2 x 15ml spoons golden syrup

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.
3. Stir in the dried fruit
4. Pour the mixture into a non-stick (or lined) baking tray.
5. Pat down the mixture in the baking tin.
6. Bake for 15 - 20 minutes, until lightly browned.
7. Remove from the oven and cut into 'bars' in the baking tin while hot.