

1. Grease a shallow 12.5 x 23cm (5x9 in) dish.
2. Put the butter, sugar and syrup in a bowl and cook for about 1-2 mins, stirring once, until the sugar has dissolved. Add the oats and stir well
3. Tip half the mixture into the dish and press it in well. Cover with a layer of sliced fruit. Add the rest of the oat mixture been sure to cover all of fruit. Press down lightly.
4. Cook on **FULL POWER** in 2 minute bursts until firm to the touch.
5. Leave to cool slightly before marking into 16 pieces
6. Cool completely before turning out of the dish.

150g margarine/butter
100g soft brown sugar
60 ml or 3tbsp honey/syrup
350g porridge oats
Bananas, chopped apple and pear or dried fruit

NB If using hard fruits such as apples and pears it is best to soften these a little first. Put chopped fruit in a bowl with 1tbsp of fruit juice or water , cover and cook for 2-3 mins.

'What's Cooking!' Recipe Card

Snacks and treats

FLAPJACKS



Food Fact:-

Oats are highly nutritious they contain very high levels of calcium, potassium and magnesium. They also contain protein and many of the B complex vitamins. Oats help to lower blood cholesterol levels.

Preparation time 5 MINS

Cooking time 6MINS

Makes 16