**Fruit Flapjacks**

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| ***Ingredients***  | ***Equipment***  |
| 75g dried apricots | weighing scales  |
| 150g rolled oats | scissors |
| 50g soft brown sugar | saucepan |
| 50g butter  | wooden spoon |
| 2 tbsp. golden syrup | baking tin |
|  | palette knife |

***Method***

1. Prepare yourself and your work area. Get equipment out.
2. Check that the oven is turned on to the correct temperature – Gas Mark 5 or 180°c.
3. Chop up the apricots into small pieces with the scissors.
4. Weigh the butter, sugar and syrup into the saucepan and melt over a low heat.
5. Remove from the heat and stir in the oats and apricots.
6. Spoon into baking tin and flatten the surface with a palette knife.
7. Bake in the oven for approx. 20 minutes or until golden brown.
8. Remove from the oven and leave to cool before serving.

