



Image © onepony | Fotolia.com

fruity flapjacks

by Kerry McLynn

what you will need

50g/2oz brown sugar
75g/3oz sunflower margarine
150g/6oz porridge oats
2 tablespoons golden syrup
75g/3oz chopped apricots or raisins
100g/4oz wholemeal flour
2 tablespoons water

Makes 12

Preparation time = 15mins

Cooking time = 20mins

**Cost each =
less than £0.20p**

get cooking

Melt margarine and syrup over a low heat.

Mix oats, flour, sugar together in a bowl.

Add the melted margarine and syrup to the bowl and mix well.

Add the apricots or raisins and water and mix well.

Transfer the mixture into a lightly greased baking tray and press down lightly to flatten.

Cook at 200C/ gas mark 6 for 15-20 minutes.

Mark out the surface so that the flapjack can be cut into 12 pieces when it is cool.

alternatives

Try adding a handful of sunflower or pumpkin seeds.

top tips

Keeps well in an airtight container.

Use for lunch boxes.

change
4 life

Eat well Move more Live longer



**Do you want to
improve your health?**

**Have more energy?
Feel happier?**

**Free health coaching
www.live-well.org.uk**