

Fruity oat flapjacks

Serves 12



Ingredients

250g/ 9oz ready to eat dried apricots, cut into quarters
200g/7oz porridge oats
25g/ 1oz raisins or any dried fruit of your choice
425ml/15floz of orange juice
2 tablespoons brown sugar
grated zest of an orange

Method

1. Heat the oven to 180°C/350°F/gas mark 4.
2. Chop the apricots up very finely.
3. Place the apricots in a pan with the orange juice and zest and bring to the boil. Reduce the heat & simmer uncovered stirring occasionally, for 10 – 15 minutes.
4. Line the base of a 9x9 inch/23x23 cm baking tin/tray with greaseproof paper.
5. Stir the oats, sugar and dried fruit into the apricot mix and stir well.
6. Tip into the tin and spread out evenly.
7. Bake for 30 –35 minutes until firm and golden brown. Cool slightly, and cut into wedges then leave to cool completely in the tin. Peel off the greaseproof paper before serving.