

Autumn Show 2019

Fruit Honey Flapjack

Ingredients

Makes: 20 flapjacks

- 200g unsalted butter
- 200g demerara sugar
- 200g honey
- 400g porridge oats
- 100g any dried fruit

Method

Heat oven to 180 C (fan) / Gas 4. Grease and line a 200mm x 300mm baking tin.

1. Melt the butter, sugar and honey in a large saucepan and remove from heat.
2. Stir in the porridge oats and fruit. Pour the mixture into the lined tin and press down to flatten it.
3. Bake for about 20 minutes until golden.
4. Cool completely in the tin, turn out and cut into squares.

