

# Fruity Flapjacks

## Ingredients

- 50g ready to eat dried prunes, chopped
- 50g ready to eat dried apricots, chopped
- 50g raisins or sultanas
- ( OR 150g of dried fruit of choice)
- 175g porridge oats
- 50g butter/sunflower margarine
- 3 tablespoons syrup OR clear honey
- 1 egg, beaten



## Method

Preheat the oven to gas mark 4 /180C/Fan oven 170C

Lightly grease a small shallow (approx 9 x 7 inch, 22 x 18cm ) baking tin.

Chop the prunes and apricots into small pieces. Put the prunes, apricots, raisins or sultanas and oats into a mixing bowl and stir until evenly mixed. In a small saucepan melt the butter with the syrup / honey, and then add to the fruit and oats, and mix well.

Beat the egg, and when the fruit & oat mixture has cooled slightly, add this to the mixture. Turn the mixture into the greased tin and level the surface.

Bake for 15-20 mins until a pale golden brown. Leave in the tin until almost cold and then score into fingers with a sharp knife, and loosen around the edges. Remove from the tin to finish cooling on a wire rack. Can be stored in an airtight container for up to a week and are suitable for freezing.

**Variation:** Use any combination of chopped dried fruit.