Fruit Flapjacks

Ingredients
75g dried apricots
150g oats
50g sugar
50g butter or margarine
2 x 15ml spoons golden syrup

Equipment
Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.

Method
1. Preheat the oven to 180°C or gas mark 4.

2. Chop the apricots into small pieces.

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3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted.

4. Stir in the oats and apricots.

5. Pour the mixture into a non-stick (or lined) baking tray.

6. Pat down the mixture in the baking tin.

7. Bake for 15 - 20 minutes, until lightly browned.

8. Remove from the oven and cut into ‘bars’ in the baking tin while hot.

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