Posted on 10 November 2014

by Liz Robb

Fruit flapjack



Ingredients

230g butter
3 heaped tablespoons of golden syrup
175g light muscavado sugar
300g jumbo oats
50g glace cherries
50g dried apricots
40g sultanas

Preparation

1. 1. Preheat the oven to 190 degrees, 170 degrees fan oven.
2. 2. Grease a fairly deep baking tin with a little of the butter.
3. 3. Chop the cherries and apricots into small pieces and mix together with the sultanas in a small bowl.
4. 4. Cut the butter into pieces and melt it gently in a large saucepan over a low heat. Don't allow it to overheat or boil. Spoon in the golden syrup and mix together. Add the brown sugar and stir until the sugar has completely melted and combined with the butter and syrup. Add the oats a little at a time until they are all in, stirring constantly to mix them in well. Turn off the heat and tip in the mixed fruit and combine it with the oat mixture.
5. 5. Tip the flapjack mixture into the greased tin and press it down, making sure that it is not too thinly spread, and an even thickness. Place in the preheated oven and bake for about 25 minutes, or until it is golden brown but not too dried out.
6. 6. Use a sharp knife to mark out the slices soon after taking it out of the oven, but allow it to cool right down before cutting again and removing the slices with a spatula, and placing them on a cooling tray.

Cooks Note

Always a favourite for bonfire night, this delicious sticky, chewy flapjack is really simple to make.
The oats are a good source of fibre and help the sugar to be released more slowly, keeping you going for longer. Fruity flapjacks can also make a yummy treat to pack in lunchboxes, or even to grab as a breakfast bar when you're short of time in the morning. This recipe should make about 20 slices; store them in an airtight container once cut and cooled.

Variations:
You can make flapjack by simply using the butter, sugar, syrup and oats without any additions at all, it still tastes great! However, I think adding the fruit makes it taste even

better; here are some more ideas to try out:

- Some recipes suggest using a mixture of syrup and honey for the sweetness.
- I used muscavado sugar, but any soft brown sugar will work well.
- Use your own favourite combination of fruits; try using dr