

Snacky Stuff

Flapjack Fantastic!



Fruity Flapjack

Ingredients:

250 grams oats
150 grams margarine
75 grams golden syrup
75 grams sugar
50 grams dried fruit
Handful of seeds (pumpkin/sunflower)

Equipment:

Oven and Oven gloves
Saucepan
Wooden Spoon
Baking tin
Knife
Greaseproof paper



Recipe:

- 1 Pre-heat the oven to 180°C. Line the baking tray with greaseproof paper.
- 2 Add the margarine, syrup and sugar to a pan and heat over a gentle heat until melted.
- 3 Add the oats, dried fruit and seeds to the sugary mix in the pan.
- 4 Put the mix into the baking tray and press flat
- 5 Bake for 25 – 30 minutes until golden.
- 6 Leave to cool then enjoy!

Date and Walnut Flapjack

Ingredients:

250 grams oats
150 grams margarine
75 grams golden syrup
75 grams sugar
50 grams dates
Handful of walnuts
1 teaspoon mixed spice

Equipment:

Oven and Oven gloves
Saucepan
Wooden Spoon
Baking tin
Knife
Greaseproof paper



Recipe:

- 1 Pre-heat the oven to 180°C. Line the baking tray with greaseproof paper.
- 2 Roughly chop dates and walnuts.
- 3 Add the margarine, syrup and sugar to a pan and heat over a gentle heat until melted.
- 4 Add the oats, dates, walnuts and mixed spice to the sugary mix in the pan.
- 5 Put the mix into the baking tray and press flat
- 6 Bake for 25 – 30 minutes until golden.
- 7 Leave to cool then enjoy!