

## WHAT YOU NEED

- 3 Cups (300g) Porridge Oats
- 5 Dessertspoons (150g) Low Fat Spread
- 3 Dessertspoons (100g) Golden Syrup
- 8 Dessertspoons (100g) Dried Fruit eg Sultanas or Raisins
- 1 Egg

# How to Make Fruity Flapjacks

Cuts into 12 pieces



1 Collect your ingredients.  
Preheat oven to  
200°C/180°C Fan/ Gas 6.



2 Line base and sides of the tin  
with baking parchment paper.



3 Melt the low fat spread and  
syrup together in a large  
saucepan.



4 Whisk egg in a small bowl  
using a fork or whisk.



5 Take low fat spread and  
syrup off heat and stir in  
mixed fruit, egg and oats.



6 Stir until combined.  
Spoon into prepared tin.



7 Press mixture into the tin,  
leaving it an inch thick.



8 Bake in an oven for 20 minutes.  
Or if baking in an air fryer  
cooking times and  
temperatures can be reduced.



9 Whilst hot, mark the flapjacks  
into 12 pieces without cutting all  
the way through. Cut when cool.