

Homemade Flapjack

Ingredients

- 150g Dates (stones removed)
- 75g Low-Fat Spread / margarine
- 50g Dried Apricots
- 50g Raisins
- 200g Porridge Oats
- 3 Tbsp. Runny Honey

Method:

1. Heat the oven to 190C/170C fan/gas 5.
2. Line an 18cm square tin with greaseproof paper.
3. Finely slice the apricots and raisins and put in a large bowl.
4. Using a food processor, blend the dates into a thick paste.
5. Put the low-fat spread, honey and dates into a saucepan and heat gently.
6. Stir until the low-fat spread has melted and the dates are blended in.
7. Add the wet mixture to the apricots and raisins and stir until mixed through.
8. Spoon the mixture into an 18cm tin and evenly spread it out until it is level.
9. Bake in the oven for 15-20 mins or until golden brown. Leave in the tin until cool.
10. Remove and store in an airtight container (consume within 5 days).

Suitable for freezing (Defrost overnight and consume within one day).