

APRICOT AND SUNFLOWER SEED FLAPJACKS (FOR 20 PORTIONS)

INGREDIENTS

- 500G PORRIDGE OATS
- 250G BUTTER
- 250G LIGHT BROWN SUGAR
- 6-8 TABLESPOON GOLDENS SYRUP
- 200G SULPHUR DIOXIDE FREE DRIED APRICOTS
- 425G SUNFLOWER SEEDS

METHOD

MELT THE BUTTER AND MIX THE SUGAR UNTIL SUGAR IS HALF DISSOLVED

ADD ALL OTHER INGREDIENTS AND MIX WELL

COVER TRAY WITH THE PARCHMENT PAPER, SPOON IN MIX AND SPREAD EVENLY AND PRESSING FIRMLY

OVEN TEMP 160 FAN – ELECTRIC 170 FOR 25/30 MINUTES - AFTER 20 MINUTES RAISE TEMPRETURE FOR 5/10 MINUTES UNTIL GOLDREN BROWN

LEAVE TO COOL COVERED WITH A DAMP TEA TOWEL AND THEN INTO THE FRIDGE FOR 30 MINUTES

CUT INTO 20 SQUARES

ENJOY!