

OUR RECIPE



Rudolph's Flapjack

INGREDIENTS

200g Butter

100g Golden Syrup

50g Soft light brown sugar

300g Rolled Oats

Zest of 1 Orange

2 grated carrots (swap for 1 medium sized apple or 100g chocolate chips if your Rudolph prefers that!)

With the carrot or apple version add the below (no need if Rudolph or Father Christmas prefer Chocolate!)

100g Dried Apricots (chopped small)

½ tsp Ground Cinnamon

½ tsp Mixed Spice

50g Pumpkin Seeds (optional)

METHOD

1. Heat oven to 160C/140C fan/gas 3
2. Line an 18cm square baking tin with greaseproof paper
3. Melt butter, golden syrup and sugar in a large pan
4. Mix in rolled oats, carrots/apples, orange zest, apricots, cinnamon, mixed spice and pumpkin seeds if you wish. (Or mix the rolled oats, chocolate chips and orange zest)
5. Stir everything well, then pack into the prepared tin, pushing down firmly
6. Bake for 40-45 mins.
7. Then cool in the tin before slicing into 16 squares