

OUR RECIPE

Rudolph's Flapjack

Serves 16

INGREDIENTS

- 200g butter
- 100g golden syrup
- 50g soft light brown sugar
- 300g rolled oats
- 1 orange, zest
- 2 carrots, grated
- 100g dried apricots, chopped
- ½ tsp ground cinnamon
- ½ tsp mixed spice
- 50g pumpkin seeds



Swap carrot for 1 medium sized apple or 100g chocolate chips if your Rudolph prefers that!

METHOD

1. Heat oven to 160°C/140°C fan/gas mark 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 well, then pack into the prepared tin and bake for 40-45 mins.
7. Then cool in the tin before slicing into 16 squares.

Serving Suggestion - enjoy as a festive after school treat.