



## HEALTHIER FLAPJACKS

### Ingredients:

- 200gm low fat spread
- 125g demerara sugar
- 60g golden syrup
- 250g porridge oats

Optional ingredients: 2 grated apples, 50g raisins/sultanas/15g sesame or sunflower seeds/30g chopped apricots/25g flaked almonds

### Method:

1. Line an oblong swiss roll tin (30cm x 23cm approx.) with greaseproof paper
2. Heat oven to 160/Fan140/mark 3
3. Melt the spread, sugar and syrup in a large saucepan
4. Remove from the heat and add the optional ingredients and stir into wet mixture
5. Add the oats gradually, so mixture is not too wet or too dry
6. Spread into the tin and bake for about 25 minutes
7. Leave to cool in the tin, after 10 minutes, cut into slices and leave to cool completely



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