

Flapjack

85 g butter
90 g brown sugar
55 g golden syrup
100 g rolled oats
30 g Rice Krispies
1/4 tsp salt
40 g desiccated coconut
30 g chopped dried apricots (ready to eat)
30 g cranberries
30 g raisins
40 g chopped pecans (optional)

1. Preheat the oven to 170°C/325°F
2. Line a 20cm square tin with baking parchment, with the parchment coming up the sides.
3. Put the butter, sugar and golden syrup in a large saucepan.
4. Heat gently, stirring occasionally, until the butter and sugar have melted.
5. Remove from the heat and mix in the remaining ingredients.
6. Spoon into the prepared tin and press out in an even layer (a potato masher is useful for this!)
7. Bake for 25 minutes, until golden around the edges.
8. Cool completely, then lift out of the tin and cut into 12 small bars.
9. You may need to store these in the fridge.

