

## **Apricot flapjacks**

### **Ingredients:**

150 g butter or margarine

5 tbsp demerara sugar

4 tbsp golden syrup

200 g porridge oats

handful of finely chopped dried apricots

### **Method:**

1. Preheat the oven to 190°C/gas 5. Grease and line a shallow 17x26cm baking tin.
2. Put the butter, sugar and golden syrup in a saucepan and melt over medium-low heat.
3. Stir in the oats and apricots,
4. Spoon the mixture into the prepared tin. Bake in the preheated oven for 25 minutes.