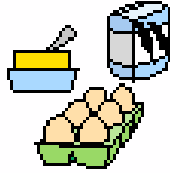


# Flapjack



## Ingredients

250g Oats



125g Margarine



2 tablespoons Honey



1 Banana



1 Apple



10 Dried Apricots



## Equipment



Greased baking tray



Mixing Bowl



Large Saucepan



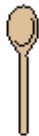
Tablespoon



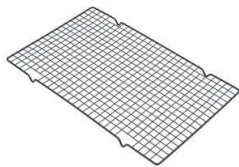
Chopping Board



Knife



Plastic Spoon



Cooling Tray






Fish Slice






## Instructions





1.  Light the oven Gas 5 / 190C Electric.

2.  Weigh the oats  put into the bowl  .





3. Put the marg  into the pan  add  
2  Tblsp honey.

4. Peel and chop  the banana  mix   
into the oats  .

5. Wash and chop  the apple  mix   
into the oats .

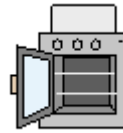
6. Chop  the apricots  mix   
into the oats .

7. Melt  the marg  over a low heat.

Pour  over the oats  and fruit   
and mix  well.

8. Press and flatten into the tin. 

9. Bake for 20/25 mins.

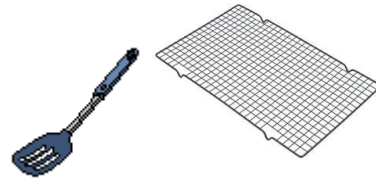


Golden brown-

soft but firm to the touch.

10. Cool for 5 Mins in **the** tin then cut into fingers.

11. Remove when cold.



12. Serve on a plate with strawberries and a sprinkle of icing sugar.