

FRUITY OAT FLAPJACKS

Recipe by: Rachel Clark – World Cancer Research Fund



45 Minutes



Serves 12 people

**Nutrition
per serving**

Calories
128

Fat
4g

Sugar
8g

Salt
0.1g

Ingredients

- ♥ 50g reduced-fat spread
- ♥ 45g honey
- ♥ 200g rolled oats
- ♥ 75ml/5 tablespoons orange juice
- ♥ 50g sultanas
- ♥ 50g dried apricots, chopped



Method

- 1 Preheat the oven to 180°C/Fan 160°C.
- 2 Lightly grease a flat 20cm Pyrex dish.
- 3 Melt the spread and honey in a pan and then stir in all the other ingredients, making sure that the honey and orange juice cover the oats.
- 4 Pack the mixture into the dish and press down well.
- 5 Bake for 15–20 minutes until golden brown.
- 6 Mark into 12 squares and leave to cool in the dish for 10 minutes before removing from the tray.