

Jane Beedle's Fruity Flapjack recipe

Jane joins our #DigInWomen campaign for World Food Day 2021. Jane has baked some delicious flap jacks and has explained the recipe below. We hope you enjoy them!

As it's World Food Day, we hope you might [make a small donation](#) to support women and their families facing hunger in sub-Saharan Africa.

Serves: 12-16
Time: 1 hour plus cooling

INGREDIENTS

- 250g Salted butter
- 95g Light soft brown sugar
- 95g Dark soft brown sugar. NOTE You can use all the same sugar
- 100g Golden syrup
- 375g Porridge oats (not instant oats)
- ½ tsp Salt
- ½ tsp Ground cinnamon
- 100g Glace cherries cut into quarters or dried cranberries
- 100g Ready to eat dried apricots – chopped into small pieces same size as cherries
- 60g Pumpkin seeds
- Dark and white chocolate, optional

Swiss roll tin 23 x 33 cm greased and base lined. If you use a smaller tin the flapjack will be thicker and will take longer to bake

METHOD

1. Preheat the oven to 180C Fan/200C conventional
2. Place the butter, sugars and syrup into a saucepan and heat gently until everything has melted. Remove from the heat.
3. Put the oats, salt, cinnamon, cherries, apricots and seeds into a bowl and stir well to combine.
4. Pour in the sugar and butter mixture and stir well.
5. Spread evenly into the prepared tin and bake in a preheated oven for 30-35 minutes until golden.
6. Leave to cool for 15 minutes then, keeping it in the tin, mark into squares or fingers. Leave to cool completely.
7. When the flapjack is completely cold, turn out of the tin and, using the marks cut into required shapes.
8. Store in an airtight container.

NOTE. If you want to be completely decadent you can melt some chocolate and coat the bottom of each piece. It's delicious either way. Enjoy!