

ENRICHMENT SESSIONS:

THURSDAY: Y7

FRIDAY: Y8

Fruit flapjacks

Ingredients

75g dried apricots/cranberries
150g oats
50g Demerara sugar
50g butter or margarine
2 x 15ml spoons golden syrup

Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife.



METHOD:

1. Preheat the oven to 180°C or gas mark 4.
2. Chop the apricots into small pieces
3. Place the butter or margarine, sugar and syrup into a saucepan and gently heat until the butter or margarine has melted,
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray.
6. Pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned

| Potential risk | Measure | Likelihood |
|-----------------------------------|---------|------------|
| Ingredients past their date marks | | |
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