



# Food For Thought Recipe and Allergen Card

## Apple Flapjacks

### 100 Portions

Ingredient	Hannah Product Code	Quantity
Porridge oats	D0075101	2x 1kg
Golden syrup	D006990	2x 454g
Caster sugar	D001146	1.4kg
Margarine	C000261	1.4kg
Solid Pack Apples	D001511	1.5kg

#### RECIPE METHOD – ALLERGENS

1. In a heavy bottomed sauce pan melt the **margarine**
2. Add the sugar and syrup, heat until just bubbling
3. Add the **porridge oats** and mix very well
4. Add the apples and mix well
5. Line 4 trays with either parchment paper or cling-film and evenly fill with mixture
6. Bake in the oven at 160°C for 20 minutes – NO LONGER
7. Allow to cool and tip out of the tray, cut whilst still slightly warm

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : Wheat Rye Barley <b>Oats</b> Spelt Kamut
<b>Milk</b>
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...