



## Apple Flapjack

Ingredient	10 Portions	50 Portions	100 Portions
Porridge oats	200g	1x 1kg	2x 1kg
Golden syrup	90g	1x 454g	2x 454g
Caster sugar	140g	700g	1.4kg
Margarine	140g	700g	1.4kg
Solid Pack Apples	150g	750g	1.5kg

### Key Points

Why not double up your required portions and freeze some flapjacks down for next time it is on the menu.

### Method

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

**Allergens** Oats, Milk