

Flapplejack

Ingredients

2 to 3 dessert apples, peeled, cored and sliced

225g (8oz) butter

225g (8oz) Demerara sugar

2 tbsp golden syrup

200g (7oz) jumbo oats

75g (2 ¾oz) muesli

50g (2oz) raisins

½ tsp ground cinnamon

Recipe

Preheat the oven to 180C, gas mark 4. Grease and line a shallow 20cm by 5cm tin.

Place the apple in a small saucepan with a couple of tablespoons of water and simmer gently until soft enough to roughly crush with a potato masher. (not puree)

Melt butter, sugar and syrup together in a large saucepan over a low heat.

Remove from the heat and stir in the oats, muesli, raisins and cinnamon a mixing until the butter has been soaked up. If it seems too wet, add a handful of oats or muesli.

Evenly spread half the mixture into the prepared tin, pressing down firmly using the back of a spoon.

Cook for 25 to 30 minutes or until golden brown.

Leave to cool for 5 minutes, then using a knife, cut into 12 squares.

Cool completely in the tin before removing.

Store in an airtight container in the fridge