

Apple Flapjack



Ingredients (makes 12):

- 2 apples, peeled, cored and chopped
- 200g vegan spread
- 5 tablespoons Golden Syrup
- 120g raw cane sugar
- 400g oats
- 1 teaspoon cinnamon
- water

Make:

1. Heat your oven to 160°C
2. Grease and line an 8-inch square baking tray with baking paper.
3. Place the chopped apple in a saucepan, add just enough water to cover the apple, then bring to the boil and simmer for 5 minutes.
4. In a different saucepan, melt the vegan spread, sugar and golden syrup.
5. Add the oats and cinnamon and stir well to mix all ingredients together.
6. Press half the mixture into the baking tin and press down firmly with the back of a spoon.
7. Spread the apples over the mixture.
8. Add the remaining flapjack mixture on top of the apples, firmly press down with the back of spoon.
9. Bake in the oven for 30 minutes.
10. Score into 12 flapjacks then allow the mixture to cool completely in the tin. It is important to allow the flapjacks to cool completely before cutting into squares. (tip - the baking tray can be placed in the fridge for 1 hour to speed up the cooling process).

