

Here's a tasty flapjack recipe to make for your picnic!

Ingredients

- 100g butter, plus a bit extra to grease the tin
- 2tbsp soft light brown Muscovado sugar
- 5tbsp golden syrup or maple syrup
- 175g rolled oats
- 2tbsp desiccated coconut
- 40g sultanas
- 25g dried apricots, chopped
- 25g dried cherries



How to make

1. Preheat the oven to 180°C/ fan 160°C/ Gas Mark 5.
2. Lightly butter and line a 18cm square tin with non-stick baking paper.
3. Put the butter, sugar and syrup into a saucepan, place over a low heat and stir until melted. Remove from the heat and set aside.
4. Place the oats, coconut, apricots, sultanas and cherries into a large bowl and stir to combine.
5. Pour in the melted butter and sugar mix and mix well. Tip into the prepared tin and press down using a potato masher to make the surface flat.
6. Bake for 20-25 minutes, or until just golden brown on top and firm to touch. Remove from the oven and leave to cool in the tin. Then using a sharp knife, divide into 18 x 3cm x 6cm bars. Store in an airtight container for up to 3 days.