

Whitworths

Fruit & Nut Flapjack



INGREDIENTS

- 100g **Whitworths Chopped Toasted Nuts**
- 100g **Whitworths Little Jewel Cranberries**
- 100g **Whitworths Sunshine Sultanas**
- 150g golden syrup
- 200g caster sugar
- 200g unsalted butter
- 375g rolled porridge oats

 Makes 6  15mins  20mins

READY...STEADY...BAKE

- ♥ Preheat your oven to 180°C/Fan 160°C/Gas Mark 4, then grease and line with greaseproof paper a 22cm x 29cm deep baking tin.
- ♥ Gently warm the golden syrup, sugar and butter in a large saucepan, over a low heat until the butter has melted, stirring regularly.
- ♥ Stir the oats, cranberries, sultanas and nuts into the syrup until evenly coated.
- ♥ Pour into the tin, spread out evenly and smooth the surface level, then bake for 20 minutes or until golden brown.
- ♥ Cut into 16 squares whilst still warm, allow to completely cool in the tin then serve and enjoy!

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Happy Baking!