

Apple Flapjacks

Serves: 12 (or more if in mini-bites!)

Preparation time: 10 mins

Cooking time: 30 mins

Ingredients:

1kg Pink Lady® apples (peeled, cored and grated)

200g oats

70ml golden syrup

150g butter

40g sugar

Pinch of salt

Pinch of ground ginger



Method:

- 1 Pre-heat oven to 180C
- 2 Simmer the Pink Lady® apples gently in a covered pan with the sugar, until it becomes soft.
- 3 Add the butter and golden syrup and bring to a gentle simmer.
- 4 Gently stir in the oats, salt and ginger to coat through. Pour the mixture into a buttered cake tin (8in round) and bake in the oven at 180C for 30 minutes or until golden in colour.
- 5 Allow to cool before turning out.

Tip: Each 73g serving contains (and % of GDA):

Calories	217	11%
Sugar	14.4 g	16%
Fat	11.8g fat	17%
Of which 6.5g saturated		33%
Salt	0.2g	4%