



Homemade Fruity Flapjack Recipe

Makes 20 squares

200g Low-fat Spread

200g Sugar

500g Oats

2 Tablespoons of Syrup

250g of Cherries and Sultanas

Melt the low-fat spread, sugar & syrup in a pan over a low heat.

Stir in the oats and add the sultana and cherry mix.

Spread into a lined baking tray.

Bake in the oven for approximately 15 minutes or until golden brown.

Leave to cool, cut up and enjoy!

