

Apple Flapjack



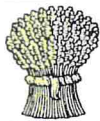
Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Porridge Oats	14 g	139 g	694 g	1.39 kg	2.78 kg
Margarine	10 g	100 g	500 g	1 kg	2 kg
Golden Syrup	3 g	33 g	167 g	333 g	667 g
Caster Sugar	6 g	56 g	278 g	556 g	1.11 kg
Plain Flour	4 g	39 g	194 g	389 g	778 g
Solid Pack Apple	14 g	139 g	694 g	1.39 kg	2.78 kg
Sultanas	4 g	39 g	194 g	389 g	778 g
Apples Red/Green	3 g	28 g	139 g	278 g	556 g

Method

Melt margarine, sugar and syrup in a pan and just bring to the boil. Stir in the rolled oats, flour, sultanas and chopped tinned apples. Press the mixture into the tin. Top with slices or freshly cut apple. Bake in a 160c oven until cooked. Cut into portions while is still warm.

Assembled Tags

SO₂

Contains Sulphur
Dioxide &
Sulphites >
10mg/Kg

Contains Wheat