



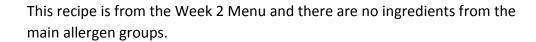






STAR RECIPE: FRUITY FLAPJACKS (Makes 20)





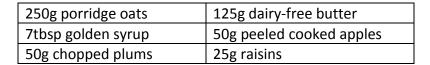
















- 1. Preheat oven to 170c.
- 2. On a medium heat melt the butter.
- 3. Add the syrup and apples and then add the porridge oats one third at a time and mix well.
- 4. Add the raisins and plums and fold in carefully.
- 5. Transfer the mixture onto a lined baking tray and press down so it is flat and compact.
- 6. Bake for 20 minutes.
- 7. Remove from the oven and leave to cool.
- 8. Cut into squares and enjoy 😂





