

Flapjacks

Serves 12

Ingredients

100g butter
6 desert spoons artificial sweetener
200g rolled oats
100g dried fruit

Method

1. Pre heat oven to gas mark 4, 170oC.
2. Place butter in large saucepan over heat until melted.
3. Remove from heat and add remainder of ingredients.
4. Place in 8 inch cake tin and level.
5. cook for 30 minutes.
6. Leave to cool, then remove and cut into slices.

Nutritional Info

Energy 227 kcal
Fat 13g
Carbohydrate 27g
Sugar 9g
Fibre 2g

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