



APPLE FLAPJACK

Dessert: This recipe is classified as a cake. Desserts, cakes and biscuits are allowed at lunchtime only. They must not contain any confectionery.

Recipe adapted from: Solihull Catering Service

Ingredients

360g soft vegetable margarine
360g golden syrup
20ml lemon juice
550g rolled oats
650g apples, canned or solid pack

Method

1. Preheat the oven to 170°C/325°F/gas mark 3.
2. Melt margarine and syrup, and then add the lemon juice.
3. Mix in the rolled oats until just coated.
4. Pulp apples in a mixing machine using beater attachment. Add to flapjack mix and stir.
5. Spread into tin and slightly flatten.
6. Bake for about 15 minutes.
7. Cut whilst still warm, using round ended knife.

Serving suggestion: serve cold as a dessert option at lunchtime.



Number of portions this recipe makes:

60 primary servings (30g)
48 secondary servings (40g)



Prep: 15 minutes
Cook: 15 minutes



Allergy information:

Milk, oats (gluten)



Top Tips

Do not over mix as this will affect the portion size. Mix should remain a course texture.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats.