

APPLE AND GINGER FLAPJACKS

Flapjacks are great for a pick-me-up after a good walk or as a sweet bite in a packed lunch. Rolled oats make firmer flapjacks but for a crumbly texture then jumbo oats are delicious, too.

MAKES 16 SERVINGS

125g/generous ½ cup butter

125g/½ cup light brown Muscovado sugar

2 small apples (use dessert rather than cooking apples)

4-cm/1½-in piece of fresh ginger

250g/2½ cups rolled or jumbo oats

50g/½ cup sultanas

2 tbsp pumpkin seeds

- 1 Preheat the oven to 180°C/350°F/ Gas mark 4. Line a 20cm/8in square tin with baking paper.
- 2 Put the butter and sugar into a large saucepan and place over a medium heat to melt.
- 3 Grate the apples on the rough side of a box grater, peel and all, down to the cores. Next, grate the ginger more finely, with its peel too. You should end up with about 150g/1 cup of apple and ginger mush.
- 4 Stir the oats into the melted butter mixture, then add the apple and ginger mush along with the sultanas and pumpkin seeds. Mix everything together really well, making sure that all the oats are moist and sticky.
- 5 Spoon the mixture into the prepared tin, pressing down firmly with the back of a spoon.
- 6 Bake for 30 minutes. !!!
- 7 Remove from the oven and let them rest for 10 minutes, then use the



paper to carefully lift the flapjacks out in one piece. Cut the mixture into squares and leave to cool completely.

- 8 Flapjacks keep well for up to a week in an airtight tin.

