

Apple and Pear Flapjack

Makes 10 bars

Ingredients	
150g margarine	100g raisins
2 (240g) eating apples, peeled and grated	150g light brown sugar
1 medium (150g) pear, peeled and grated (ensure pear is not over ripe, discard any excess juice)	
2 tbsp (30ml) lemon juice	300g rolled oats

- **METHOD:**
- Heat oven to 200c, 400F, Gas 6
- Melt the margarine in a large saucepan.
- Add the sugar, heat and stir until bubbling to make a caramel mixture
- Add the chopped apples and pear, stir and coat with caramel mixture, cook for about 5 minutes.
- Stir in the lemon juice, then the oats and raisins.
- Line a 17.5 scm (7 inch) shallow cake tin and spoon in the mixture. Flatten with a potato masher and bake in the oven for approx. 20 mins.
- Allow to cool in the tin, then turn out onto a wire rack.
- When cool, cut into 10 bars.



- ✓ **COOK'S TIP – FOR PUREE DIETS PREPARE EXTRA APPLE AND PEAR AND STEW FOR A PUREE**
- ✓ **FOR MILK FREE DIETS, EXCLUDE MARGARINE AND REPLACE WITH SOYA SPREAD OR "PURA" DAIRY FREE SPREAD.**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
335	4.1	15.1	48.7	26.9	0.3	1.9	29

Another great recipe

