



Oaty Chewy Flapjack Bites



Serves
12



Prep
15 minutes



Cooking
20 minutes



Perfect for a satisfying snack when you're feeling peckish!

Cooks Tips:

You could bake the separate mixtures in 18cm sandwich tins, and cut into wedges when cool.

Why not try?

You could try different variations of Princes Fruit Fillings, such as Summer Fruits or Blackcurrant.

Make it easy

To weigh golden syrup, put the empty pan onto digital scales, press zero, then add the syrup to measure it accurately.

	Calories	Sugars	Fat	Saturated Fat	Salt
105g	294	18g	13g	7g	0.15g
RI%	15%	20%	19%	35%	3%

Method

1. Tip the cans of Fruit Filling into two separate strainers to drain off the sauce. Stir the fruit filling in the strainers to drain off as much sauce as possible.
2. Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6. Use a little oil to grease a 12-hole loose-based mini loaf tin, or use a 12-hole muffin tray.
3. Gently melt the butter and syrup together in a large saucepan, without letting the mixture get too hot. Remove from the heat and stir in the porridge oats and salt. Stir in the beaten egg.
4. Split the mixture in two, then stir the cherry filling into one half, and the apple filling into the other half. Share the two mixtures between the prepared tin.

Visit www.princes.co.uk for more recipe ideas

Ingredients

1 x 410g can Princes Black Cherry Fruit Filling

1 x 395g can Princes Apple Fruit Filling

A little vegetable oil, for greasing

150g butter, cut into pieces

150g golden syrup

350g porridge oats

Pinch of salt

1 large egg, beaten

5. Bake in the oven for 20-22 minutes, until set and golden brown. Cool, then carefully remove from the tins.