

Dorothy's Tea Party



Orange, Apricot & Walnut Flapjacks

Delicious flapjacks – gluten-free and suitable for vegans!

Ingredients

120g non-dairy baking spread (e.g. Pure)	Zest of one orange	80g sultanas
100g soft light brown sugar	200g porridge oats	30g pumpkin seeds
100g golden syrup	80g chopped dried apricots	
	40g chopped walnuts	

Method

1. Gently melt baking spread, brown sugar and golden syrup in a pan on low heat
2. In a large bowl mix orange zest, oats, apricots, walnuts, sultanas and pumpkin seeds; once mixed, add melted syrup mixture and combine thoroughly
3. Using the palm of your hand, press the mixture into a lined baking tin and bake at 180°C for 15-20 minutes until edges are a deep golden brown
4. Remove from oven and while the flapjack is still warm, mark out squares with a sharp knife
5. When cool, break into squares and store in an airtight tin