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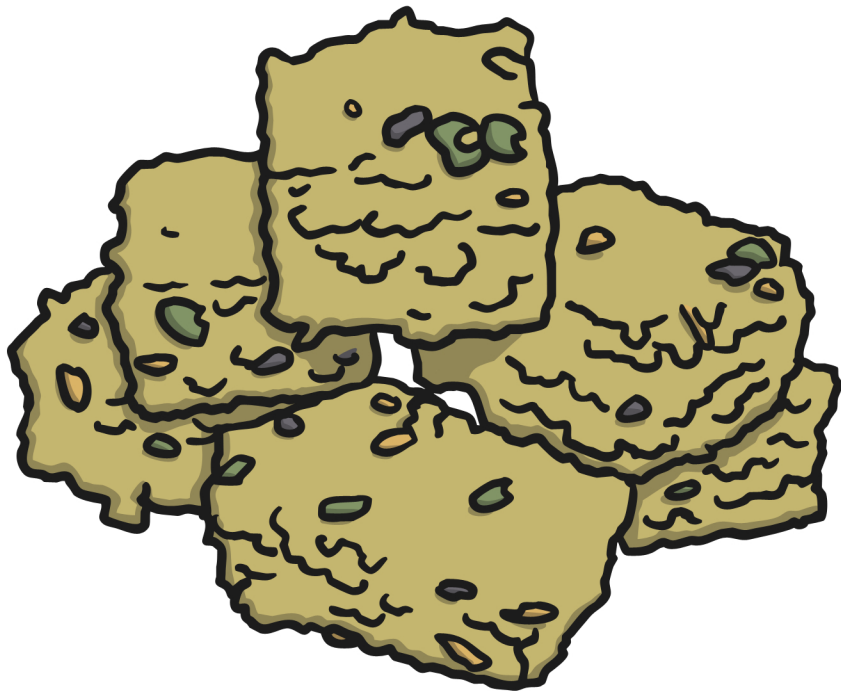
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How To Make...

# Rudolph's Favourite Carrot Flapjacks



Surprise Rudolph by leaving him some of his favourite flapjack on Christmas Eve!



# You will need...



## Ingredients

200g of butter

100g of golden syrup

50g of soft light brown sugar

300g of rolled oats

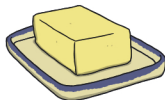
2 carrots

1 orange

100g of apricots

1 tea spoon of cinnamon

50g of pumpkin seeds



## Equipment

Oven

Hob

Chopping board

Sharp knife

Large pan

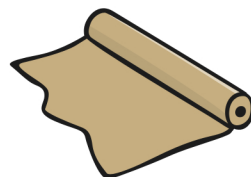
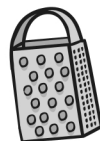
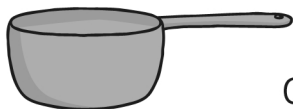
Wooden spoon

Grater

Zester

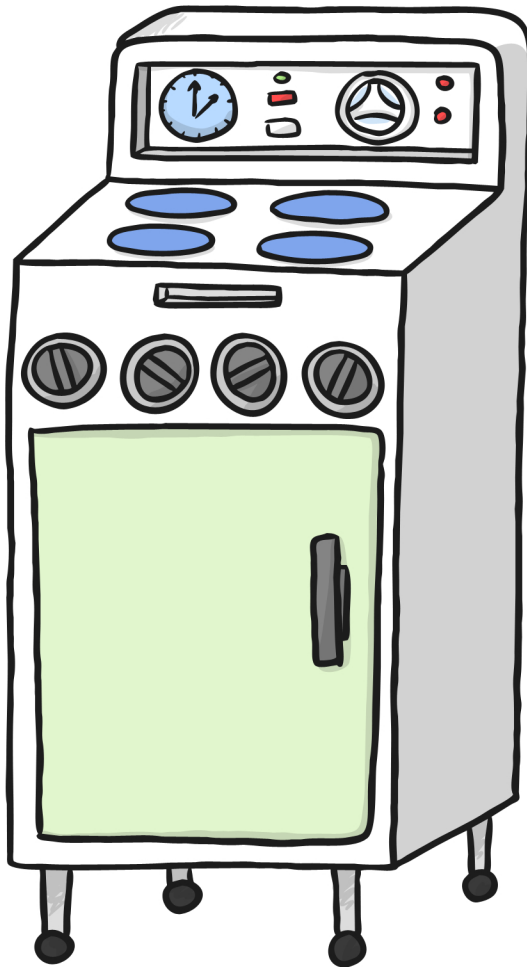
18cm square baking tin

Greaseproof paper



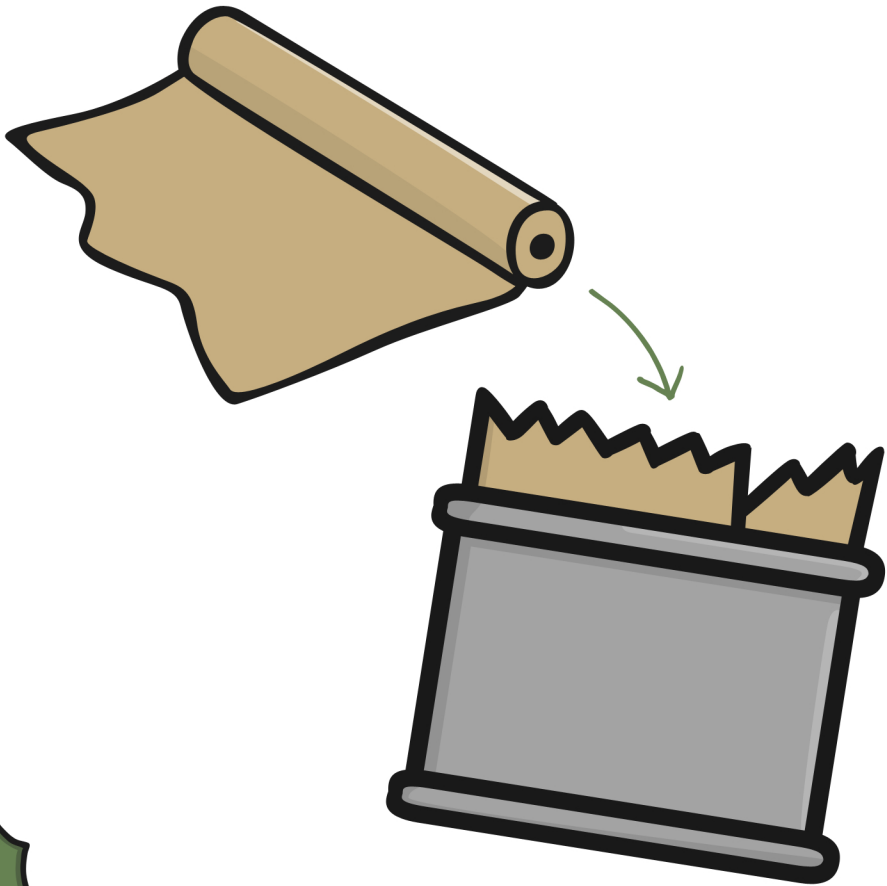
# Step 1

Heat the oven to 160oC or gas mark 3.



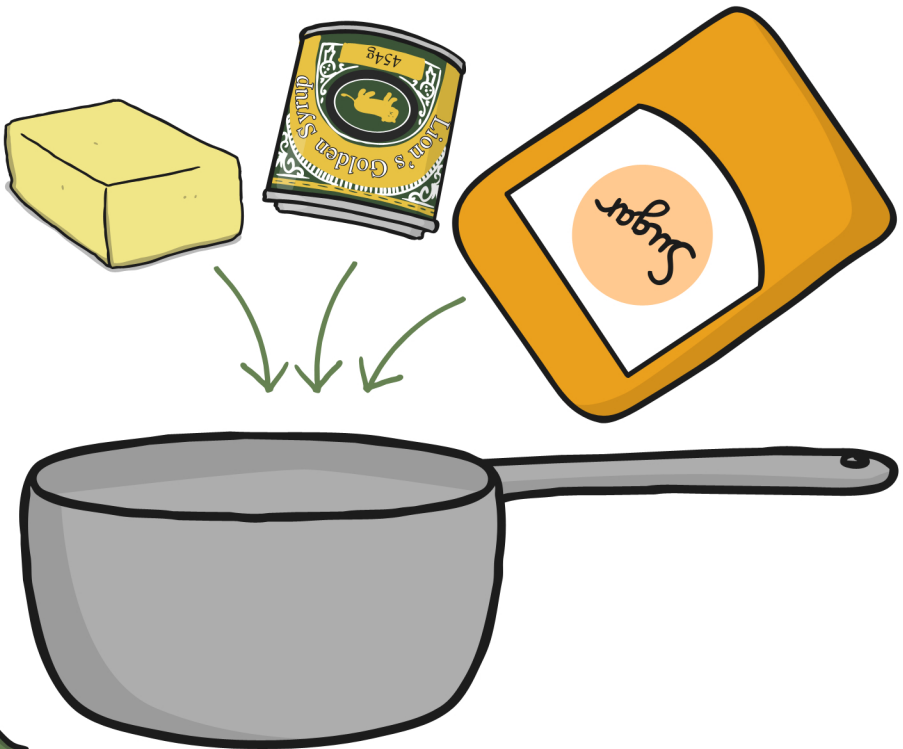
## Step 2

Line your 18cm square baking tin with greaseproof paper.



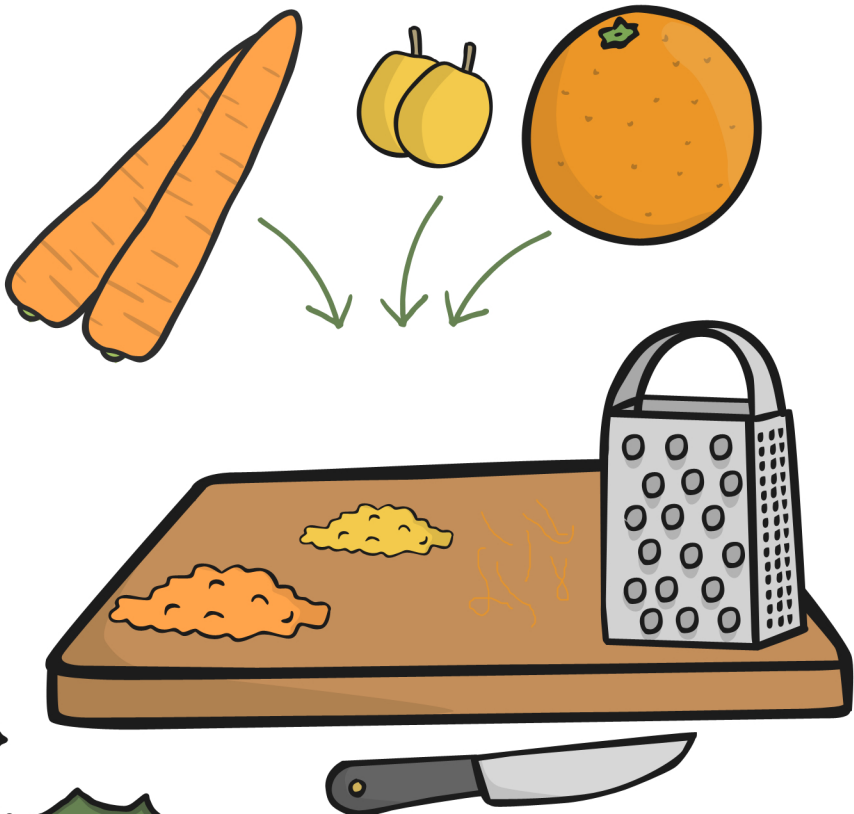
## Step 3

Melt the butter, golden syrup and sugar in a large pan on the hob.



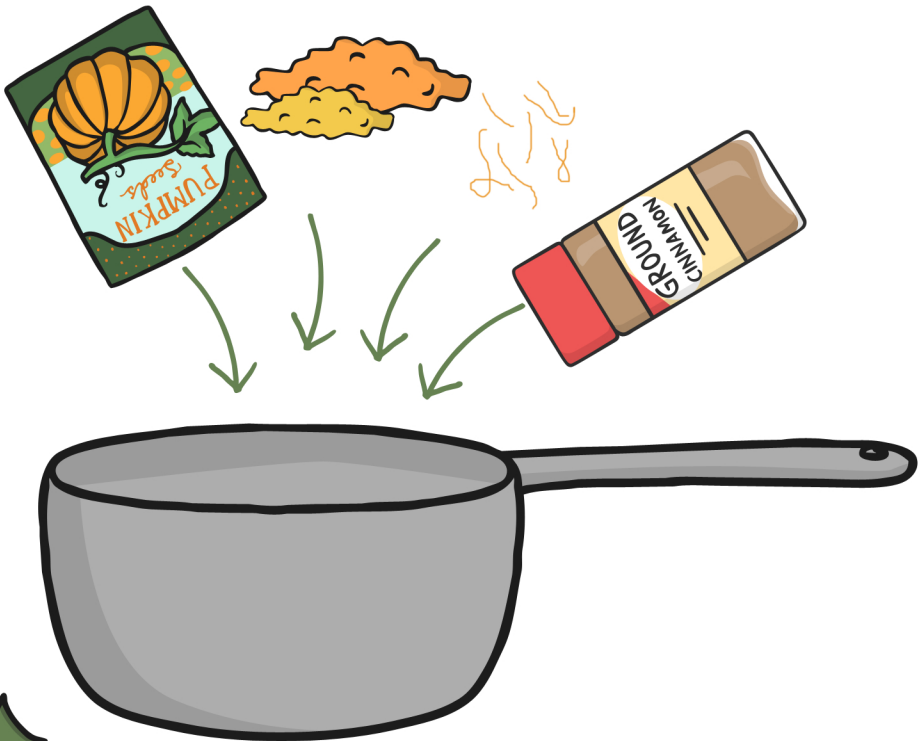
# Step 4

Grate your carrots, chop the apricots and zest the orange.



## Step 5

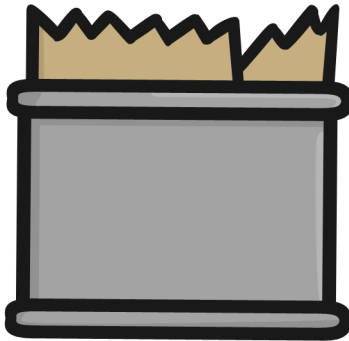
Add the grated carrots, chopped apricots, orange zest, rolled oats, cinnamon and pumpkin seeds to the pan and stir together.





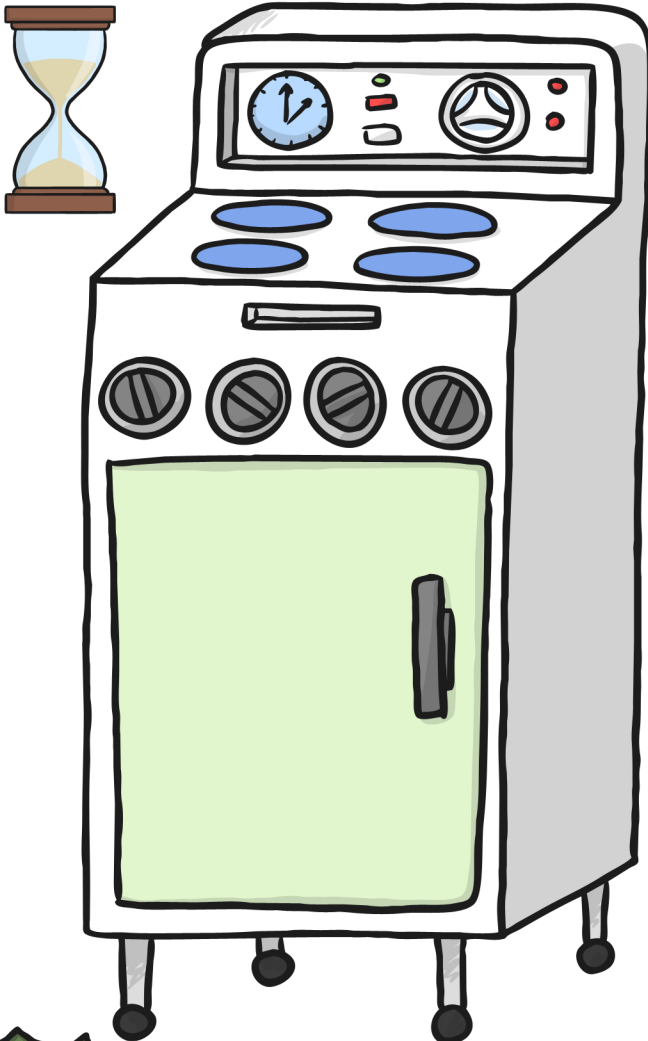
## Step 6

Spoon the mixture into your lined baking tin and compact everything down firmly.



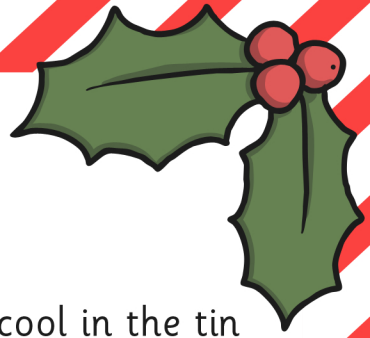
# Step 7

Bake the mixture in the oven for 40 to 45 minutes.



## Step 8

Once cooked, allow the mixture to cool in the tin before slicing into 16 squares.



## Step 9

Enjoy your delicious flapjack and don't forget to leave a piece out for Rudolph on Christmas Eve!

