

Applejacks

Makes 10 bars

Ingredients	
150g unsaturated spread	30ml lemon juice
150g light brown sugar	300g rolled oats
3 (360g) eating apples, peeled, cored & grated	100g raisins

- 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 apple, stir and coat with caramel mixture, cook for about 5 minutes.
- Stir in the lemon juice, then the oats and raisins.
- Line a 17.5cm (7 inch) shallow cake tin and spoon in the mixture. Flatten with a potato masher and bake in the oven for approx. 20mins.
- Allow to cool in the tin, then turn out onto a wire rack.
- When cool, cut into 10 bars.



- ✓ PREPARE EXTRA APPLE AND STEW FOR PUREE DIETS.
- ✓ FOR MILK FREE DIETS, EXCLUDE MARGARINE AND REPLACE WITH SOYA SPREAD OR "PURA" NON DAIRY FREE SPREAD.

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
206	0.4	12	25	3	0.3	0.6	10