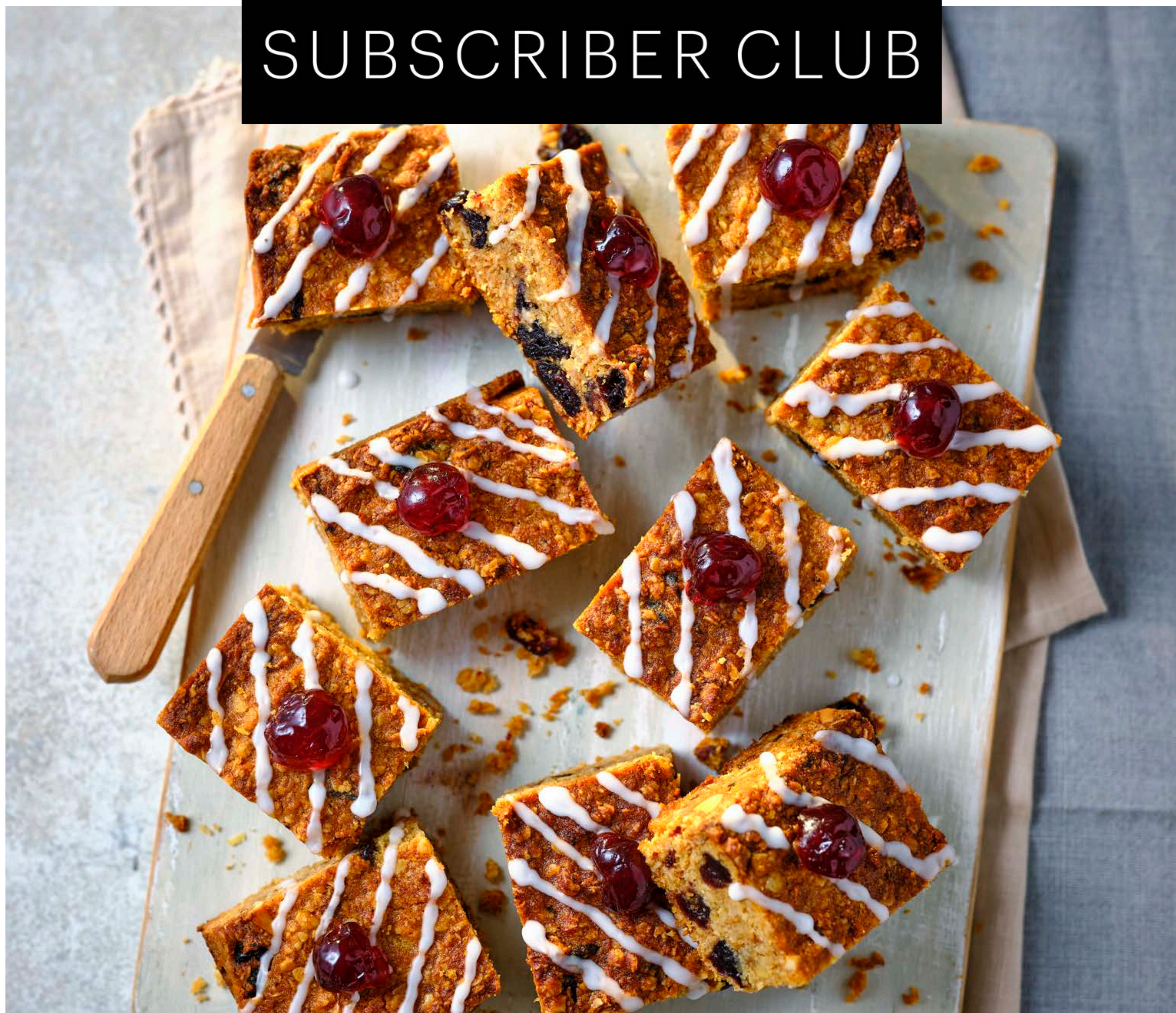


# goodFOOD

## SUBSCRIBER CLUB



### EXCLUSIVE RECIPE

# Cherry bakewell flapjacks

**MAKES 12** **PREP** 35 mins plus cooling and setting  
**COOK** 45 mins **EASY V**

*Featuring sticky medjool dates, crunchy almonds and tart sour cherries, these flapjacks are a crowd-pleasing teatime treat. Esther Clark*

neutral-tasting oil (such as sunflower),  
for the tin  
350g porridge oats  
300g unsalted butter  
200g golden syrup  
100g light brown soft sugar  
100g pitted medjool dates  
50g desiccated coconut

1 tsp almond extract  
40g blanched almonds, chopped  
150g dried sour cherries  
**For the topping**  
75g icing sugar, sieved  
6 glacé cherries, halved

**1** Heat the oven to 180C/160C fan/gas 4. Line a 20cm square cake tin with baking parchment, then brush the inside with oil. Put 200g of the oats in a food processor and blitz to a fine crumb, then tip into a large bowl along with the remaining oats.  
**2** Melt the butter in a saucepan over a low heat, then remove from the heat and mix in 1 tsp fine salt, the golden syrup and brown sugar until the sugar has dissolved. Put the dates in a food processor with 4 tbsp boiled water from the kettle and blitz until smooth. Add the blitzed dates to the oats along with the coconut, almond extract, blanched almonds, dried cherries and the

butter mixture. Mix well. Press the mixture into the prepared tin and bake for 45 mins. Leave to cool completely in the tin.

**3** Mix the icing sugar with 10-15ml water to make a thick icing. Transfer to a piping bag fitted with a fine piping nozzle. Drizzle the icing over the cooled flapjacks in a zig-zag pattern, then decorate with the glacé cherry halves. Leave to set before cutting into 12 squares.

**PER SERVING** 536 kcals • fat 28g • saturates 16g  
• carbs 64g • sugars 42g • fibre 4g • protein 5g • salt 0.56g