**How to make Viking Honey & Oat Cakes**

**Honey & oat cakes are easy to make and very tasty!**

**Makes 15 squares.**

Ingredients:

350g of rolled oats,

225g of butter,

225g of honey,

50g chopped apricots,

a pinch of salt,

1 level teaspoon of ground cinnamon.

Method:

1. Melt the butter into a medium sized saucepan. Take off the heat.
2. While this is happening, chop the apricots finely.
3. Add the salt, honey, apricots and oats and stir until they are well mixed.
4. Spoon the mixture out onto a greased baking tray and press it down well.
5. Bake at 324F/170C for 30 minutes or until golden brown.
6. Cool for a few minutes and then mark into squares while still warm and serve when cold.

Enjoy!

**How to make Viking Honey & Oat Cakes**

**Honey & oat cakes are easy to make and very tasty!**

**Makes 7-8 squares.**

Ingredients:

175g of rolled oats,

112g of butter,

112g of honey,

25g chopped apricots,

Half a pinch of salt,

1/2 level teaspoon of ground cinnamon.

Method:

1. Melt the butter into a medium sized saucepan. Take off the heat.
2. While this is happening, chop the apricots finely.
3. Add the salt, honey, apricots and oats and stir until they are well mixed.
4. Spoon the mixture out onto a greased baking tray and press it down well.
5. Bake at 324F/170C for 30 minutes or until golden brown.
6. Cool for a few minutes and then mark into squares while still warm and serve when cold.

Enjoy!