

# Honey,Oat and Spiced Cakes

## Ingredients

125g unsalted butter  
250g oats  
50g chopped dried apricots or dried apples  
4 tablespoons of runny honey  
1 level tsp ground cinnamon

## Method

Preheat oven to 180C  
Melt butter in a large saucepan over a low heat.  
Stir in the oats, dried fruit and honey until well mixed  
Spoon dollops of the mixture onto a well greased baking tray and flatten slightly  
Bake in the oven for 10 - 12 mins  
Carefully lift the cakes onto a wire rack and leave to cool.

*Cinnamon was a very expensive luxury in Saxon times and only well off farmers would have been able to get hold of it. So use sparingly as the Saxons would have done!*