

Flapjack

- 125g / 4oz butter
 - 4 tablespoons golden syrup
 - 125g / 4oz demerara sugar
 - 250g / 8oz rolled oats or porridge oats
- You can add some dried fruit, nuts or seeds to this mixture if you wish.



Method

1. Heat oven Gas 5 / 190°C.
2. Grease and line an 18cm square or round tin with baking parchment.
3. Put the butter and golden syrup in a pan. Place over a very low heat and stir until melted. DO NOT ALLOW THIS MIXTURE TO GET TOO HOT.
4. Stir in the sugar and rolled oats, add chopped fruit or nuts etc (if using).
5. Spoon into the baking tin and level off.
6. Bake for 20-30 mins until golden brown and beginning to firm around the edges. (It will still be soft in the centre)
7. Allow to cool slightly then cut into wedges or bars. Allow to cool 10 mins more before moving from the tin onto a cooling rack.



Name