

Flap Jacks



Ingredients

225 grams of butter

225 grams of demerara sugar

75 grams of golden syrup

275 grams of porridge oats

Method

Preheat oven to 160 degrees (fan) 140 degrees (gas) 3

Grease a tray or roasting tin with some butter (30 by 23cms)

Melt the butter, sugar and syrup in a pan and mix

Add the oats and mix well

Pour mixture into the greased baking tray and pat down flat

Bake in the oven for 30 minutes until light golden brown

Allow to cool for 10 minutes

Chop into chunks

Variations

Add dried fruit such as apricots, dates or raisins

Change the golden syrup for maple syrup or honey

You could even drizzle melted chocolate on the top

