

FLAPJACKS

MAKES 24 SMALL PIECES OR 12 LARGE

175g Unsalted Butter

160g Light brown caster or demerara sugar

2 ½ generous tbsp golden syrup

250g Porridge oats

- Preheat oven to 160c or 150c fan/gas 2-3
- Melt butter, sugar, golden syrup in a saucepan over very low heat
- Add the porridge oats
- Stir until fully combined
- Place mixture in to a shallow baking tray or foil tray approx 8" sq or 20cms sq
- Bake for about 30 minutes until turning golden brown. It may wobble a bit but that's fine
- Leave to cool completely
- Cut to desired size

You can also add dried fruit or chocolate chips prior to baking