

Flapjacks



Ingredients

150g oats
50g sugar
50g butter or margarine
2 tablespoons golden syrup

Up to 50g of dried fruit can be added to this if you wish (tip - make sure that the fruit isn't sticking out of the top or it will burn)

Method

1. Preheat the oven to 180C or Gas Mark 4.
2. Place butter or margarine, sugar and syrup into a saucepan and heat **gently**, stirring throughout until the butter melts.
3. Stir in the oats and dried fruit if using.
4. Pour the mixture into a non-stick (or lined) baking tin.
5. Press down **firmly** to compact the mixture. If you do not press firmly enough, the mixture may crumble once cooked.
6. Bake for 15-20 minutes until lightly browned.
7. Remove from the oven. Cut into bars whilst still hot in the tin but do not remove from the tin.
8. Allow to cool completely before removing.