

FLAPJACKS

Ingredients

- 100g butter
- 65g light soft brown sugar
- 3 level tablespoons golden syrup
- 225g rolled oats
- 40g sultanas



Method

1. Grease a shallow 18cm cake tin.
2. Melt the butter with the sugar and syrup in a saucepan and stir with a wooden spoon.
3. Remove from heat.
4. Pour in rolled oats and sultanas. Mix well.
5. Turn the mixture into the greased cake tin and press down well.
6. Bake in the oven at 180 degrees Celsius/350 Fahrenheit/Gas mark 4 for about 20 minutes, until golden brown.
7. Cool slightly in the tin, mark into fingers with a knife and loosen round the edges.
8. When cool, remove from the tin and cool further on a wire rack.
9. Break into fingers. Makes 8-10.