

*Ingredients*

150 g butter or margarine plus a little extra for greasing

2 tablespoons golden syrup

120 g sugar

150 g oats

120 g flour

Pre-heat the oven to 180 ° c or gas mark 5.

Grease a shallow 20 cm round or square cake tin with a little butter or margarine

Place the butter or margarine, golden syrup and sugar into a saucepan.

Place the saucepan over a medium heat and heat the mixture, stirring with a wooden spoon, until everything is melted and well mixed. Do not let the mixture bubble and boil.

Take the saucepan off the heat and stir in the oats and flour. Mix well.

Tip the mixture into the cake tin and smooth the top.

**TRURO SCHOOL**

COOKERY

FLApJACKS

Place in the pre-heated oven and bake for 15 - 20 minutes until lightly browned and firm to the touch

Cut into pieces and remove from the tin whilst still slightly warm

Variations:

For a fruity flap jack add 75 g dried fruit e.g. sultanas, cranberries, chopped apricots or dates etc. with the oats and flour at step 5. You may need to cut the fruit into bite sized pieces first.

For a professional finish melt 50 g chocolate in a microwave on a low heat or in a glass or metal bowl over a pan of simmering water then drizzle over the cooked flapjack with a teaspoon. Leave to set before cutting up and removing from the tin.