

Flap Jack

Give a small square to your guests with their coffee / tea

Porridge Oats	250g
Butter – good quality	150g
Golden Syrup	75g
Sugar	75g

Method

- Microwave butter, sugar, syrup until melted (check after 3 minutes and thereafter every minute)
- Add oats and mix well.

Put into greased 8 inch baking tin and press flat.

Bake at 177 deg c / gas 4 for 20 minutes for chewy and ten minutes longer for crunchy. Should be golden brown. Mark slices whilst still warm.

You can also add 30g coconut, seeds, dates, cherries etc – reduce the weight of the oats by 30g.

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