

Flapjack



For about 16 pieces :

Ingredients

6oz / 150g margarine (or butter)
6 dessert spoons of golden syrup
2oz / 50g sugar
12oz / 300g oat flakes (no finer than Quaker Oats)

Preparation Method

Preheat the oven to **180°C**.

Melt the margarine, syrup and sugar in a big pan and bring to the boil and then stir the oats into the warm mixture.

Turn into a greased tin of about 20cm x 30cm x 2cm in dimension and spread out. Flatten a little with the back of a metal spoon.

Bake for about **20 minutes** until golden brown. *Do not undercook* as flapjack is better crunchy!

Leave to cool for a few minutes in the tin and then cut into about 16 fingers or triangles whilst still warm. Place individual pieces on a wire rack to cool.

Variations : add some dried fruit to the mixture with the oats OR dip each end of the flapjack pieces into melted chocolate before serving.