

# Family Favourite Flapjacks!

These are some of the easiest tea time treats you can make. Quick and simple to make and very easy to eat! Flapjacks are my absolute favourite sweet treat .



# Ingredients

450g of rolled oats



75g soft brown sugar



300g unsalted butter



150g golden syrup



# Method

- ▶ Preheat the oven to 190 degrees or gas mark 5.
- ▶ Mix the oats with the sugar.
- ▶ Then melt the butter with the golden syrup very gently, in a saucepan, over a low heat.
- ▶ Stir in the oats and sugar and mix well. You can add raisins, nuts or dries apricots if you like them.

# Cooking the Flapjacks

- ▶ Grease a square or rectangular baking tray with a little butter.
- ▶ Press the mixture into the tin and cook for 25 minutes. I usually check it after 20 minutes.
- ▶ Leave the flapjacks to cool in the tin.
- ▶ When they are cool, cut them into squares and then in half to make triangles.
- ▶ Enjoy with a cup of tea or a glass of milk.