

# FLAPJACKS

## Recipe

125g (4oz) butter  
90g (3oz) light brown sugar  
90g (3oz) golden syrup  
250g (8oz) rolled oats

20cm / 8in square tin

## Method

1. Grease the tin and line with non-stick baking parchment.  
Preheat the oven to 180°C / 350°F / Gas Mark 4
2. Melt the butter, brown sugar and syrup gently until the sugar has dissolved
3. Remove the pan from the heat and stir in the oats
4. Turn the mixture into the prepared tin and press down with the back of the spoon
5. Bake for 30mins until golden brown  
Take care not to over-bake or they will be very hard
6. Leave to cool for 10mins then cut into wedges