**Flapjacks**

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| **http://www.healingdaily.com/detoxification-diet/essential-fatty-acids-not-margarine.jpg** | http://1.bp.blogspot.com/_K01I4UHOXwg/TVK-pqQupSI/AAAAAAAADJ8/TGn2HU4lMm4/s1600/IMG_2073.JPG | http://media.honeyville.com/media/catalog/product/cache/2/image/9df78eab33525d08d6e5fb8d27136e95/b/r/brown-sugar-honeyville-9new.jpg | http://www.calbournewatermill.co.uk/catalog/images/PorrOats.png |
| **125g**  butter | **3 tbsps** golden syrup | **125g**  brown sugar | **250g** porridge oats |

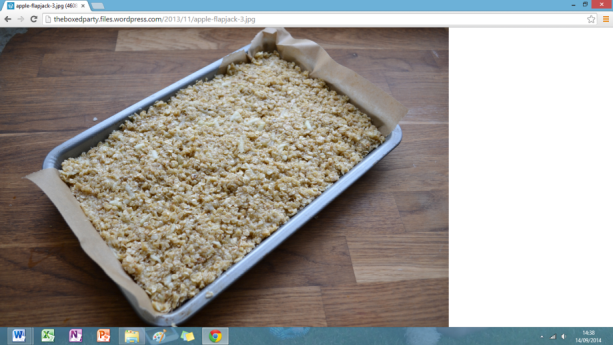


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1. Put the butter, sugar and syrup into a pan and melt on a low heat.



2. Turn off the heat and mix in the oats.



3. Pour into a tray lined with greaseproof paper.



4. Bake in oven at 180C for 20 minutes.



5. When cool, turn out and cut into squares.