

Yr 7 - Seedy Flapjacks - work in pairs

Ingredients

125g Butter 100g
Dark brown
sugar
4 Tablespoons golden
syrup
250g Rolled oats 20g
Pumpkin and
sunflower seeds
20g raisins

Equipment

- Large sauce pan
- Wooden spoon
- Foil tray

Method

1. Preheat oven to 180C/Gas Mark 5.
2. Add butter, sugar and golden syrup to pan. Stir occasionally until butter has melted. Remove from heat.
3. Stir in oats, raisins and seeds.
4. Add to foil tray, press down and cook in the oven until golden.