

Snackbar

DON'T FORGET A CONTAINER TO
TAKE IT HOME IN!

Ingredients

125g/5oz rolled oats
75g/3oz margarine
75g/3oz soft brown sugar
2 tablespoons golden syrup



Optional extras

25g/1oz glace cherries or dried fruit
1 teaspoon ground ginger
Anything suitable but please no chocolate.

Method

1. Turn the oven on to 180°C
2. Grease the baking tin.
3. In a mixing bowl place the rolled oats plus fruit, seeds or spices (all the extra flavourings).
4. In the saucepan, gently melt the margarine/butter, sugar and syrup.
5. DO NOT BOIL. The sugar will not dissolve. It will probably still feel gritty, that is OK!
6. Turn off the hob and pour the warm saucepan mixture into the mixing bowl, on top of the oats. Mix together.
7. Pour mixture into tin, and place on a baking tray to bake in the oven for about 20-25 mins.
8. When the flapjacks look golden, take out of the oven and cool. While they are cooling mark out into bars.