

FLAPJACKS – MELTING METHOD

INGREDIENTS

50g (2oz) margarine
50g (2oz) brown sugar
200g (8oz) rolled oats
100g (4oz) syrup (4 level tablespoons)
75g (3oz) sultanas or raisins (optional)
8" square tin

METHOD

- Heat the oven to 180°C/gas 4
- Grease a baking tin
- Melt margarine, syrup and sugar together in a saucepan. Stir in rolled oats and mix thoroughly
- Spread evenly in prepared tin
- Bake in the preheated oven for approximately 15 – 20 minutes
- Cut into squares and leave in tin until cool