

THURSDAY

Flapjacks



Did you know?

Similar food is known in Australia as muesli bars or simply 'a slice'. In North America, it is referred to as a granola bar.

Ingredients (depending on how gooey you want it)

- 250g jumbo porridge oats
- 125g butter
- 125g light brown sugar
- 2-3 tbsp golden syrup

Preparation

- 1 Heat oven to 200C/180C fan/gas 6.
- 2 Put 250g jumbo porridge oats, 125g butter, 125g light brown sugar and 2-3 tbsp golden syrup in a food processor and pulse until mixed, but be careful not to overmix otherwise the oats may lose their texture.
- 3 Lightly grease a 20x20cm baking tin with butter and spoon in the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.
- 4 Bake for around 15 minutes until golden brown.