

SHEEP CAN'T BAKE, BUT YOU CAN! Flapjacks

Flapjacks are quick and easy to make.



A traditional flapjack is made from oats, butter, golden syrup and sugar, and baked in a tray. They can also be called oat bars, muesli bars or granola bars. If you want to make your flapjacks healthier, add 75g of dried fruit and nuts, or seeds, to the recipe.



Easy for you maybe... Golden syrup is sticky!



Sometimes rolled oats are called 'old-fashioned' or 'porridge'. For this recipe, don't use any oats called 'quick'!

Flapjack ingredients

- 100g soft light brown sugar
- 150g butter
- 100g golden syrup
- 300g rolled oats

You will need a square brownie tin, 23cm x 23cm.

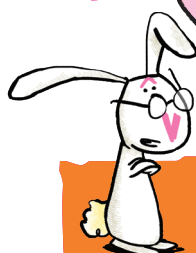
Makes 9 flapjacks.

ALLERGIES

Dairy



Make sure you have asked a grown-up!



Method

1 Heat the oven to 170°C / 375°F or gas mark 5. Grease and line the brownie tin, including the sides.

2 Take a large pan and melt the sugar, butter and golden syrup together on a low heat until all the sugar has dissolved. This could take 5–10 minutes. Stir occasionally.

3 Remove the pan from the heat and add the rolled oats, stirring until all the oats are coated in the buttery mixture. If you are using fruit and nuts, add them here.



4 Tip the mixture into the brownie tin and press firmly into the edges, flattening to a smooth, level surface. Place in the oven and cook for 25 minutes until golden brown.



You can add all sorts of flavours and ingredients to make your basic flapjack even more delicious. Why don't you try one of these?

Orange & walnut

Add the finely grated zest of an orange, 3 tablespoons of marmalade and 50g of chopped walnuts.

ALLERGIES Nuts

Lemon drizzle

Press down half the mixture, spread 150g of lemon curd over the top, and then top with the rest of the oat mixture. When cooked, drizzle 50g icing sugar mixed with the juice of ½ lemon over the top of the flapjack.

Ginger & coconut

Add 2 teaspoons of ground ginger and replace 50g of oats with desiccated coconut.

5 Once cooked, remove from the oven. Leave to cool in the tin for 15 minutes, before cutting into equal squares.



Desiccated means 'dried out'.

Like this?

Not quite.