

Flapjacks

Serves: 8

Preparation time: 5 Minutes

Cooking time: 20 Minutes

Ingredients

- 50g butter
- 25g demerara sugar
- 25g golden syrup
- 50g rolled oats
- 50g original muesli

Method

1. Preheat the oven to 190°C, 375°F, gas mark 5.
2. With the help of an adult, melt the butter in a saucepan, remove from the heat and then add in the remaining ingredients, mix well.
3. Spread the mixture into a 18cm shallow square tin. Press down with the back of a wooden spoon.
4. Using oven gloves and with the help of an adult, carefully place in the oven and cook for 15-20 minutes or until golden brown in colour.
5. Remove from the oven, mark into 8 fingers and leave to cool in the tin before removing.