

Basic Flapjacks



Pack these in your child's lunch boxes - they'll love them.

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Ingredients

110 g butter

3 tbsp brown sugar

2 tbsp golden syrup

180 g rolled oats

Method:

1. Preheat the oven to 180°C. Grease a square, 20cm baking tin with a little butter.
2. Put the butter, sugar and golden syrup in a saucepan and over low heat, mix until the sugar has dissolved.

3. Remove from the heat and add the oats. Mix well to combine (you may need to add a little bit more golden syrup). Spoon the delicious mixture into the tin. Flatten with the back of a spoon.
4. Bake for 15 minutes or until golden brown. Cool before serving cut into rectangles.