

Flapjacks

- 100g block margarine
- 80g sugar
- 2 tbsp golden syrup
- 150g oats



- 1. Put margarine, sugar and syrup in a pan over a medium heat and stir until melted.
- 2. Turn off heat and stir in 150g oats and mix well.
- 3. Spoon into a greased & lined tin sandwich tin & press down with a metal spoon.
- 4. Bake at 150°C for 15 minutes, until golden.

Optional: you could add raisins, dried apricots, chopped nuts etc.