



Easy Flapjacks



QUICK STEPS

Ingredients

- 4 oz Rolled Oats
- 4 oz Self Raising Flour
- 4 oz Butter
- 4 oz Golden Syrup
- 4 oz Chopped Dried Apricots

Directions

1. Preheat the oven to 180C/350F/Gas mark 4
2. Line a 20cm deep baking tray with greaseproof paper.
3. Mix all the dry ingredients together
4. Melt the butter in a large saucepan
5. When the butter is just melted stir in the dried ingredients and mix well
6. Add the golden syrup and mix until fully incorporated.
7. Transfer the mixture to the baking tray
8. Place in the oven for 15 – 20 minutes or until golden
9. Remove from oven and slice into squares. Leave in tin to cool for 5 minutes
10. Use the paper to lift out of the tin. Place on wire rack until completely cooled



Notes

- Instead of Self Raising flour, I sometimes use some oats that I have put through the food processor.
- Sultanas/Raisins/chocolate chips can be used instead of the apricots in this recipe.