

FLAPJACKS

INGREDIENTS	OVEN
50g wholemeal flour 100g rolled oats 75g marg 2 x 15ml spoons honey or syrup 50g brown sugar Any flavouring eg. Raisins, apricot, banana, dates, prunes if wished	170°C fan assisted oven Gas 4

METHOD

1. Grease a square tin.
2. Mix flour and oats in a large bowl.
3. Put marg, honey/syrup and sugar in a small pan. Stir over a low heat until melted - do not boil.
4. Remove from the heat and pour over the oats and flour. Mix well. Add as wished
5. Press the mixture into the tin.
6. Bake for 15-20 mins until golden brown. Cool in the tin for 5 mins.
7. Cut into fingers.