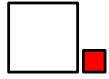




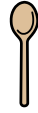
Equipment



Small



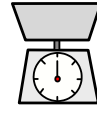
pan,



wooden spoon,



bowl,



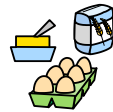
scales,



brush,



baking tray



Ingredients



175g

butter



175g

golden



syrup



175g

sugar



350g

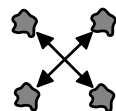
porridge



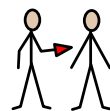
oats



And



whatever



you



want to



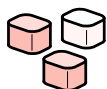
add:



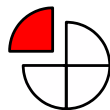
cherries,



chocolate chips



marshmallows



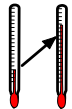
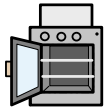


or pieces



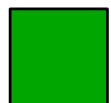
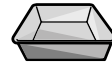



of apple.

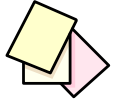


Method




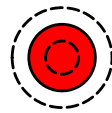

1   150°C  2 
 1. Preheat the oven to 150C or Gas Mark 2 and

 **8**  in  square  with  baking

line a 20cm (8 inch) square baking tin with baking










paper.

2    in a  medium pan  over a


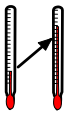

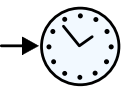

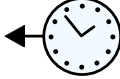

2. Melt the butter in a medium pan over a

    with a  little melted


low heat. Brush the baking tin with a little melted






      to the  butter



butter. Add the golden syrup and sugar to the butter



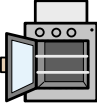
    until the  sugar  has  dissolved.


and heat gently until the sugar has dissolved.



4  Remove the pan from the heat and stir in the

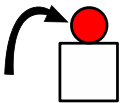

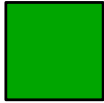
 porridge  oats and  any  other  ingredients.

5  Pack the mixture  into the baking tray and

 squash down. Bake  in the oven  for 40 minutes.

6  Remove the baking tray from the oven, leave it to

 cool for 15 minutes, then  turn out the flapjack

 onto a chopping board and  cut it into  squares.