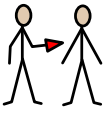




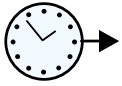
Flapjack



Recipe



You



will



need:

a

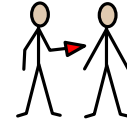


grown-up

to



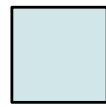
help



you



250g and 10g of butter



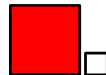
20cm square



baking tin



250g caster sugar



large



saucepan



175g golden



syrup



wooden spoon



500g oats



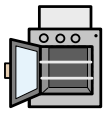
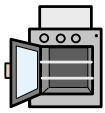

spatula





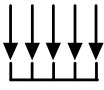



kitchen scales









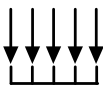


greaseproof paper



**1**   180°C  **4**  
1. Pre-heat the oven to 180C or Gas mark 4.







**2**       
2. Use a small piece of greaseproof paper and 10g of butter to

       
wipe the butter all around the inside of the baking tin.

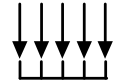
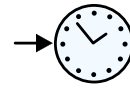
**3**       
3. Weigh out 250g of butter, the sugar and the golden syrup and

     
put them all into the pan.

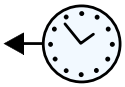
**4**      
4. Weigh out the oats and leave them in a bowl.

**5**         
5. Put the pan on the hob and choose a low heat.

6

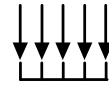


6. Stir the ingredients with the wooden spoon until all the

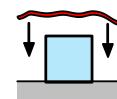
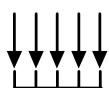
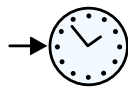
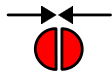


butter has melted.

7



7. Add the oats to the pan and stir all the

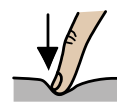
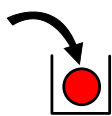


ingredients together until all the oats are covered in the



butter, sugar and syrup.

8

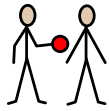
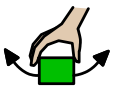


8. Put the mixture into the baking tin and press down so

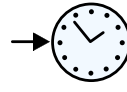
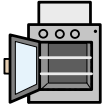


the mixture is flat and level.

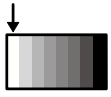
9



9. Use oven gloves and your grown up to put the baking tin

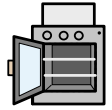
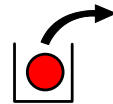
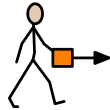
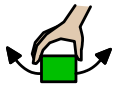


in the oven. Bake for about 25 minutes until the flapjacks

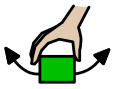


are a pale golden colour.

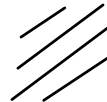
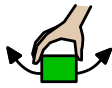
10



10. Use oven gloves to take the baking tin out of the oven.



Use the spatula to press down around the sides of the flapjacks



and the tin. Use the spatula to press lines on top of the

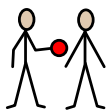


flapjacks to mark out the individual flapjacks.

11



11. When the flapjacks are cool, share them and eat them



with your family! Yum!