



























FlapJack






1.  Weigh 200g  butter into a  pan.


2.  Add **100**  100g  sugar and **100**  100g  syrup to the  pan.

3. In a  BOWL weigh  250g  oats and **100**  100g  flour.  Mix  well.

4.  Heat the  pan on the  hob and melt the  ingredients. 5.  Pour the

 hot  mixture  over the  oats.  Mix  well.

6.  Tip mixture into your  baking tin and  press  down  with a spoon.

7.  Bake for 15-20 mins.

8.  Wash up