

15th April 2020



FLAPJACKS

PREPARATION TIME:

less than 30 mins

COOKING TIME:

30 to 60 mins

SERVES:

Makes 12

DIETARY: V

Each serving provides 318 kcal, 3.5g protein, 43g carbohydrates (of which 25.5g sugars), 14g fat (of which 8g saturates), 2.5g fibre and 0.1g salt.

Classic, chewy and good for your soul, flapjacks are simple to make and hard to beat!

METHOD

Preheat the oven to 150C/130C Fan/Gas 2 and line a 20cm/8in square baking tin with baking paper.

Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger.

Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.

Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out onto a chopping board and cut into squares.

These flapjacks are delicious in a packed lunch or as a grab-and-go breakfast.

INGREDIENTS

175g/6oz butter

175g/6oz golden syrup

175g/6oz muscovado sugar

350g/12oz porridge oats

½ unwaxed lemon, finely grated zest only (optional)

pinch ground ginger (optional)

RECIPE TIPS

You can also pour some melted dark chocolate over the cooked flapjacks and then leave them to set before eating.