

NUTTY FLAPJACKS

The ingredients for this recipe are available at the Refill Den, Fred's Stores, or Morrisons.

Ingredients:

200g rolled oats

115g chopped nuts (almonds, cashews and hazelnuts all work well)

55g plain flour

115g butter, plus extra for greasing

2 tbsp golden syrup

85g light brown sugar

Method:

Preheat the oven to 180C/350F/gas mark 4. Grease a 23 cm (9 inch) square tin.

Place the rolled oats, nuts and flour in a large bowl and stir together.

Put the butter, syrup and sugar in a pan over a low heat and stir until melted. Pour the mixture onto the dry ingredients and mix well. Spoon the mixture into the tin and smooth the surface level with the back of a spoon.

Bake in the oven for 20 – 25 minutes, or until golden and firm to the touch. Mark into 16 pieces while still warm, then leave to cool in the tin. When completely cold, cut with a sharp knife and remove from the tin.

