**Flapjacks**

**Ingredients:**

50g porridge oats

25g soft brown sugar

25g butter

10ml golden syrup

Optional – 15ml spoon sultanas

**Method:**

1. Set the oven to 190’C or Gas Mark 5.
2. Collect the porridge oats and sultanas if using in a small bowl.
3. Collect the soft brown sugar, butter and golden syrup in a small saucepan and slowly melt on a low heat until the butter melts and sugar dissolves.
4. Add the porridge oats and sultanas if using into the pot and mix really well so everything is evenly coated.
5. Press the mixture down into a foil container.
6. Bake in the oven for approximately 15 minutes and leave to cool completely.
7. Once cool cut your flapjacks into two slices.