

## FlapJack

### Ingredients

280g Golden Syrup

227g Margarine

56g Demerara Sugar

340g Porridge Oats

### Method

1. Melt marg and syrup in a saucepan
2. Combine dry ingredients in a bowl
3. Add syrup and marg then mix until combined
4. Press into a small tin
5. Bake for 12 mins approx. Gas 4/180c
6. Portion when cooling