

Flapjacks

Ingredients

200g butter or margarine
1 tablespoon golden syrup
1 tablespoon black treacle
70g sugar
100g porridge oats
100g self raising flour
150g crushed cornflakes
2 teaspoons ground ginger
Sultanas (optional)

Method

1. Melt butter/margarine, golden syrup and black treacle together very gently.
2. Mix the dry ingredients, pour on the butter/syrup mixture and mix well.
3. Spread evenly in a greased tray and press down firmly.
4. Bake in moderately hot oven: 180°C, 350°F, gas mark 4 for about 15 minutes.
5. Cut into fingers.