

Flapjacks

1 Ooz Oats

5oz Butter

3oz dark sugar

Slurp orange juice

2 tablespoons flour

pinch salt

Optional – 2 handfuls of sultanas

Heat oven to Gas mark 4

Grease a rectangular tin/dish

Weigh out dry ingredients (oats, flour, sultanas) & mix well in a large bowl. Make a well (hole) in the centre.

In a pan melt butter & sugar, add juice – stirring well.

Pour melted liquid into centre of bowl & stir well.

Pour mixture into dish and flatten with spoon.

Bake in oven for 20-30 minutes. Cool slightly in dish then cut into slices. Transfer to cooling tray.