

Flapjacks

Makes 16

170g butter
110g soft light brown sugar
1 spoon golden syrup
1 spoon dark treacle
225g large porridge oats
tiny pinch salt

1. Preheat the oven to 190°C.
2. Melt the butter.
3. Weigh out the sugar, then weigh out the syrup and treacle by spooning it on top of the sugar (thus preventing it from sticking to the scale pan) and add to the warm melted butter to heat through.
4. Remove the pan from the heat and stir in the oats, add a tiny pinch of salt.
5. Spread the mixture into a well-greased shallow tin.
6. Bake in the preheated oven for about 30 minutes until golden brown.
7. Remove from the oven, mark immediately into bars and leave to cool in the tin.