

Flapjack



Photo by Polina Tankilevitch (CC BY 3.0)

8 Serves

15 mins Prep

25 mins Cooking

★ Level

Recipe

1. Grease and line a baking tray with butter.
2. Preheat the oven to 180°C.
3. Melt the butter, sugar and syrup together in a saucepan over a low heat.
4. Add in the oats and blend them well. If adding raisins or chocolate chips, add these in now as well.
5. When everything is well mixed together, pour the mixture into the baking tray and press firmly.
6. Bake in the oven for 20-25 minutes.
7. Leave it cool in the tray for a couple of minutes, and then cut into even squares.
8. Cool completely before removing from the baking tray.

Ingredients

- 125g margarine or butter
- 125g soft brown sugar
- 4 tbsp golden syrup
- 225g oats

Additional Ingredients

- 60g raisins
- 60g chocolate chips

Flapjack

Nutrition Value per 67g Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
290	13.3g	2.47g	40.3g	18.7g	2.9g	3.77g

Fun Facts

- Oats are a great source of vitamin B6 and B7. These vitamins help the body to store and use energy from carbohydrates and protein in the food we eat. Vitamin B6 also helps the body to carry red blood cells around the body.
- Oats contain a lot of protein, which provides our bodies with energy to encourage and support growth, development and the maintenance of muscles, organs, bones and all body cells.
- Flapjacks are a great source of energy and make us feel full for a long time. This is because the oats and the syrup are carbohydrates, which give us energy.
- Even though flapjacks can be great for energy and making us feel full, be careful not to eat too many in a short period of time. They have a lot of sugar which isn't good for our teeth.
- Butter is really beneficial in small amounts as it contains vitamin A, which can help to keep healthy skin and eyes, and vitamin D, which helps maintain healthy bones, teeth and muscles. However, butter is high in fat and calories, so if we eat too much butter it can become too unhealthy.

