

HOMEMADE FLAPJACKS (GF)

INGREDIENTS

- 300g gluten free oats
- 130g butter
- 130g light brown sugar (you can use demerara)
- 2 tbsp (30ml) golden syrup

EQUIPMENT

- Large saucepan
- 20cm x 20cm baking tray, parchment lined

METHOD

1. Pre-heat your oven to 180 degrees (fan).
2. In a large saucepan, on a medium-low heat, melt your butter and sugar together, mixing continuously until all of the sugar has dissolved into the butter.
3. Remove your saucepan from the heat, and stir in your golden syrup to your butter/sugar mixture.
4. Gradually add your oats to the saucepan, stirring as you go, until all oats have been evenly coated.
5. Spoon your oat mixture into your lined baking tray, using the back of a spoon to press the mixture down into all of the corners, so that it is nice and compact!
6. Bake for approximately 25-30 minutes, or until golden brown in colour and the edges appear caramelised. Remove from the oven and allow to cool completely, before slicing into squares!