

ELIZABETH

MEATYARD

EXCLUSIVE RECIPES, QUICK, EASY, DELICIOUS...



Flapjacks



No story to tell, just a favourite old recipe. I seem to remember making them at school, taking them home for my mother to examine and promptly throw in the bin!!

Hope I have improved a bit since then.

Pre-heat the oven to 160c / gas 3. Lightly grease a 30 x 23cm baking tin.

Now simply melt butter, with the sugar and golden syrup in a large pan over a gentle heat. Stir in the oats, and mix well.

Empty into your baking tin and place in preheated oven. Cook for about 15 minutes and then take tin out of the oven and stir the mixture around with a fork just to loosen.

Return to the oven and cook for a further 10 minutes, until golden brown.

Mark out squares, leave to cool a little and then turn out onto a wire rack.

Delicious with a nice cup of tea. And when you've finished, call the children in to share the rest.

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YOU WILL NEED:

- 225g butter
- 175g Demerara sugar
- 2 tablespoons golden syrup
- 300g rolled oats

Elizabeth Meatyard writes exclusively every month for LIVING WITHIN, sharing recipes that you can cook and eat, day in, day out.

When she's not writing, Elizabeth runs a catering company, From Me To You, based in Surrey.