

# Flapjack recipe

Ingredients :

280g oats and 80g sugar mixed together  
60g syrup and 140g margarine - melt together in microwave  
Sultanas and/or raisins add to dry mixture

Mix melted ingredients into dry ingredients and press gently into tin 33 cm x 23 cm. Bake at gas mark 4 (180-190 electric) for 30-35 mins. Cut into squares while hot and leave to cool in tin.