

SPEEDY **FLAPJACKS**

Ingredients

- 250g Porridge Oats
- 125g Butter
- 125g Soft Brown Sugar
- 2-3 tbsp Golden Syrup or Honey
- 100g Chocolate Chips

You will also need

- 20cm Square Silicone Cake Mould

TOP TIP!

You could also add Sultanas, Nuts or Mashed Banana to your Flapjacks

Method

- Pop the butter and sugar into a heatproof bowl and melt together in the microwave, on medium, for 1 - 2 minutes
- Stir in the porridge oats and golden syrup (or honey) and mix everything together (if you want you could also add Dried Fruit, Nuts or Mashed Banana at this stage)
- Tip the mixture into the silicone cake mould and cook in the microwave on high for about 5 minutes or until the middle bit starts to bubble
- Let your flapjacks cool slightly before sprinkling chocolate chips on top
- Cut into squares and enjoy!

