

## Easy honey Flapjacks

Serves 16

### Ingredients

- 200g/7oz unsalted butter/Spread
- 200g/7oz demerara sugar
- 200g/7oz honey
- 400g/14oz porridge oats
- 50g/1  $\frac{3}{4}$  oz. raisins, crystallised ginger or desiccated coconut



### Method

Preheat the oven to 180c/160c Fan/Gas 4 and grease a 20x30cm/8x12 in baking tray

Put the butter, sugar and honey in a saucepan and heat, stirring occasionally, until the butter has melted and the sugar has dissolved. Add the oats and nuts, fruit, ginger or coconut, if using, and mix well.

Transfer the oat mixture to the tray and spread to about 2cm/  $\frac{3}{4}$  in thick. Smooth the surface with the back of a spoon. Bake in the oven for 15-20 minutes, until lightly golden around the edges, but still slightly soft in the middle. Leave to cool in the tin, then turn out and cut into squares.