

Becky Bakes...

## Flapjack

100g Plain Flour  
200g Unsalted Butter  
200g Muscovado or Brown Sugar  
4 tablespoons Honey  
350g Rolled Oats (not quick porridge)

### Optional

150g dried fruit (any combination of cherries, dates, cranberries, sultanas)

Cook in the oven in a Swiss roll tin

Makes 16 pieces

**Hint!** For a smaller batch, halve all quantities and cook in a 20 cm (8 in) sandwich tin (with fixed base)

1. Oven on to Gas mk. 5, 190°C (170°C Fan), 375°F
2. Line the tin with greaseproof paper
3. Put the brown sugar, honey and butter into a large saucepan and stir together whilst heating on the stove top, until the butter is all melted
4. Remove the pan from the heat and stir in the rolled oats, plain flour and (if using) the dried fruit until well mixed
5. Transfer the mixture to the Swiss roll (or sandwich) tin and smooth to an even thickness
6. Cook for 20 minutes, until, golden brown and firm to touch
7. Allow to cool in the tin for about 10 minutes, then (whilst still warm) cut into 16 equal pieces and remove from tin to finish cooling on a wire rack
8. Serve as a deliciously sweet and chewy cake with a cup of tea!



For a demonstration of this recipe, find me on YouTube:

<https://www.youtube.com/watch?v=ccqyTNmH4t4>