

Flapjacks

Ingredients:

80g Brown sugar

40g Butter

60g Margarine

250g Oats

Pinch salt

1 Banana

3tbsp Honey

Chocolate (options!)

Method:

Melt the butter and margarine in a deep saucepan over a very low heat.

Add the brown sugar and 3 tablespoons of honey and mix well until you have a liquid substance.

Mix in the oats, if you find it easier add them gradually stirring and covering the oats with the mixture.

Add a pinch of salt.

Mash the banana into a pulp and mix into the oats (this will take a good few minutes to ensure the banana is fully mixed in).

Get a knife and spread the mixture evenly over a baking tray.

Place the baking tray onto the middle shelf in a preheated oven (gas mark 5, 220°C) and bake for 15 minutes, checking the progress regularly. Take out when the mixture starts turning a darker colour.

Stand for a minute or two, then cut the flapjack into as many pieces as you wish.

You may find it best to leave the flapjack for a few hours to cool down, although you can eat them straight away!