



GET CREATIVE



45 MINUTES



PREPARATION
NEEDED

FLAPJACK



▶▶ GETTING INTO THE ACTIVITY

Bake some tasty flapjack treats to share with your family.

Preparation: Young people should have the ingredient list provided to them the week before, so they can have everything ready for the virtual session. You may also wish to save some time by pre-measuring the ingredients before the session starts.

- 1) Combine the butter, sugar and syrup in a saucepan and gently heat until the ingredients have melted and dissolved. This should only be a gentle heat, stirring regularly.
- 2) Take off the heat and add the oats to the saucepan and mix well. If you wish to add any extras to your flapjacks (chocolate chips, smarties, fruit chunks etc) then do this now.
- 3) Spoon the mixture into a greased baking tin (rub with butter). A 20x30cm tin would be ideal.
- 4) Bake at 180c (160c fan) for about 30 minutes. Leave to cool for 5 minutes after taking it out of the oven, before cutting it into slices.
- 5) If you wish to, you could top your flapjack with melted chocolate.

☑☑ WHAT YOU'LL NEED

- 125g Butter
- 250g Oats
- 90g Golden Syrup
- 20x30cm Baking Tin
- 90g Brown Sugar
- Saucepan & Spoon

! KEEPING EVERYONE SAFE

Before starting, share advice on how to safely use a kitchen, especially a hob and oven. Activity should be supervised by an adult in the home.