



'Cookery' Virtual Club

Week 2 Honey Flapjacks



Ingredients

- 200g/7oz unsalted [butter](#)
- 200g/7oz [demerara sugar](#)
- 200g/7oz [honey](#)
- 400g/14oz porridge [oats](#)
- 50g/1¾oz nuts, raisins, crystallised ginger or desiccated [coconut](#) (optional)



Method

- 1.Preheat the oven to 180C/160C Fan/Gas 4 and grease a 20x30cm/8x12in baking tray.
- 2.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.
- 3.Transfer the oat mixture to the tray and spread to about 2cm/¾in 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.

