

Honey flapjacks

Ingredients

- 200g/7¼oz unsalted butter
- 200g/7¼oz demerara sugar
- 200g/7¼oz honey
- 400g/14¼oz porridge oats
- 50g/1¾oz nuts, dried fruits or glacé ginger, chopped or desiccated coconut (optional)
- You will also need a 20cm x 30cm (8in x 12in) cake tin, greased

Preparation method

1. 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.
2. Transfer the oat mixture to the prepared cake tin and spread to about 2cm (¾in) thick. Smooth the surface with the back of a spoon. Bake in a preheated oven at 180C/350F/Gas 4 for 15-20 minutes, until lightly golden around the edges, but still slightly soft in the middle. Let cool in the tin, then turn out and cut into squares.



less than 30 mins

preparation time

10 to 30 mins

cooking time

Makes 12

By Celia Brooks Brown

The best flapjacks are gooey, chewy and, above all, simple. These fruit-filled treats are great to make with children.