Cooking Plan

Banana flapjacks



Ingredients

- 200g butter or margarine (or a mix)
- 160g soft brown sugar
- 3 1/2 tablespoons golden syrup
- 450g rolled oats
- 1 banana

Method

1. Preheat oven to 180 degrees
2. Put the butter and brown sugar into a bowl. Microwave gently until they have melted
3. Mash the banana and add to the butter and sugar mixture.
4. Add the oats and mix- make sure that they are all covered by the mixture
5. When all is done, grease a shallow baking tin, then tip in the mixture
6. Bake at 180 C for 25 minutes, or until the top is brown
7. After 25 minutes, take the flapjack out of the oven, let it cool and then cut into squares