

Flapjack.

Shared by Jordan from the MND Association Corporate Team

Servings: 24 squares approx.

Cook time: 30 minutes

Ingredients

- 200g unsalted butter
- 400g porridge oats
- 200g golden syrup
- 200g light brown soft sugar
- 100g milk chocolate (for topping)

Recipe

1. Preheat oven to 150°C (fan) and grease and line a 20cm x 25cm baking tin with parchment paper (allowing some overhang on the sides).
2. Mix together your sugar, golden syrup and butter in a pan. Melt it all together over a low heat until your sugar has dissolved.
3. Now pour in the oats and mix it all together well. Make sure all the oats are covered in the butter mixture.
4. Tip the flapjack mixture into the prepared tin, then use the back of a spoon to spread and press it down into an even layer.
5. Bake the flapjack mixture in the oven for 30 minutes.

(Turn over for the rest of the recipe)

6. Remove the tin from the oven. The flapjack will still be slightly soft in the centre, but it will firm up as it cools.
7. Once the flapjack has cooled to room temperature, melt the chocolate gently over a low heat or in short bursts in the microwave, stirring until smooth.
8. Pour the melted chocolate over the top and spread it into an even layer. Leave it to set until almost firm.
9. When the chocolate is nearly set but still soft enough to cut cleanly, use the overhanging parchment paper to carefully lift the flapjack out of the tin and onto a chopping board.
10. Once the flapjack has cooled a little, cut it into whatever shape and size you like – chunky squares, slim slices or little bite-sized pieces, perfect for sharing (or keeping all to yourself!).

Jordan's tip

- I love using Dairy Milk whole nut for the topping for a nice nutty bite!