



Sarah's Gluten Free Flapjack

Sarah's Servings: 16 Sarah's skill: Easy, Baking time: 20 mins

Ingredients

225g Butter
180g Light brown sugar
150g Condensed milk
65g Golden syrup
375g Gluten Free Porridge oats

Method

- Pre-heat the oven to 170 degrees centigrade (150 degrees fan) gas mark 3.
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- Line a 23cm x 23cm (9" x 9") square tin with baking parchment.
- In a medium sized pan melt the butter, light brown sugar, condensed milk and golden syrup on a very low heat until the sugar and butter has melted.
- Weigh the porridge oats into a large bowl. Then add the melted butter mixture into the oats and mix until fully combined.
- Put the oat mixture into the tin, flatten then bake for 20 minutes until the edges go slightly brown. The middle will still be very pale but it will set as it cools.
- Leave to set in the tin until completely cold then cut into oblongs/ squares. If you cool it in the fridge or overnight it makes it easier to cut.