



Sticky Toffee Flapjack

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

Ingredients

225g Butter
180g Dark brown sugar
150g Carnation caramel
65g Black treacle
375g Porridge oats
150g Chopped dates

Method

- Pre-heat the oven to 170 degrees centigrade (150 degrees fan) gas mark 3.
- Line a 23cm x 23cm (9" x 9") square tin with baking parchment.
- In a medium sized pan melt the butter, dark brown sugar, caramel and black treacle on a very low heat until the sugar has melted. Leave to cool slightly.
- Weigh the porridge oats and chopped dates into a large bowl.
- Then add the cooled 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 - it will set as it cools.
- Leave to set in the tin then cut into oblongs/ squares. It is best to leave overnight or place in the fridge to make sure it is completely cold before cutting into slices.