

# Barnsley Museums Festival: Flapjacks

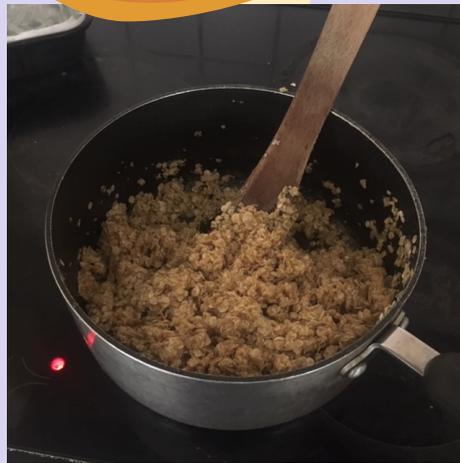
If you love grains as much as me you'll love these flapjacks!



You will need::  
4 Tablespoons golden syrup  
200g sugar (brown, caster or granulated or a mix of what you have available)  
250g butter or margarine  
350g porridge oats  
150g dried fruit (cherries, cranberries, apricots, sultanas- what ever you have or just leave out)



Preheat your oven to 150C/300F and line and grease a 20x30cm baking tray. Put syrup, sugar and butter in a large pan and mix, whilst melting on a medium heat.



Take pan off heat and pour in oats and dried fruit and stir. If you don't have any dried fruit, just leave this out.



Pour the mixture into your prepared tray and squash down using the back of a wooden spoon. Bake in the oven for 40-45 minutes.



Once cooked leave to cool in the tray for 15 minutes



Ask an adult to use a sharp knife to cut into 15 rectangles. and leave in the tray to cool completely.



Contains oats and milk unless using alternatives

Once completely cool, place on a plate, ready to eat. These flapjacks are perfect for pudding after tea, backyard camping or bedtime stories