



Flapjacks

Sweet and more-ish oat treats

An old-time favourite, especially with the kids, this treat can be baked in the oven or microwaved (see Tip). The original recipe called for Demerara sugar, but we added caster sugar instead. I imagine raw or white would make decent substitutes. Also, we used quick oats as opposed to the ordinary sort because they were all we had at the time.

75g Table spread

75g caster sugar

100g Quick Oats



For this recipe you will need 2 bowls and a shallow oven-proof tray or pie dish about 21cm (8 inches) in diameter.

Mix the sugar and oats in one bowl. In the other, beat the spread with a spatula until fluffy. Slowly add the sugar and oat mixture, combining well. Line the tray or pie dish with baking paper, cutting off the excess. Now press the mixture into this and flatten it with a spatula, ensuring it meets the edge. Bake on 200°C Fan Forced (220°C conventional) for 15 minutes until golden brown. Let stand for 5 minutes before cutting into segments with a knife.

Tip: Microwave method – melt the spread in a dish on low for 1½ minutes. Add the sugar and oats and mix until the fat covers all of the ingredients. Press into a shallow microwave-proof dish and cook on medium high for 2½ minutes; then for a further ½ minute on medium. Let stand for 3 minutes before cutting into pieces.

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