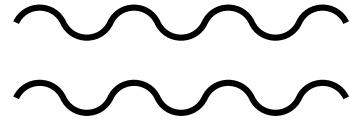
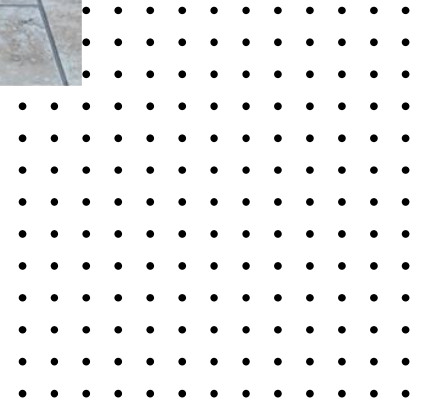


# Lynn's Flapjack Recipe

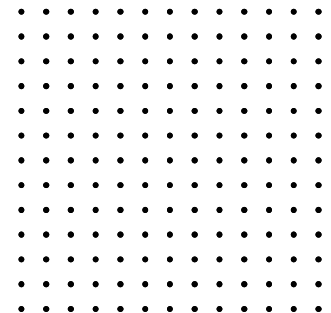
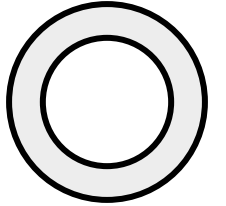
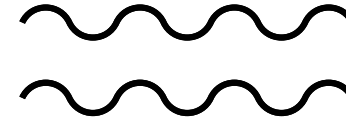
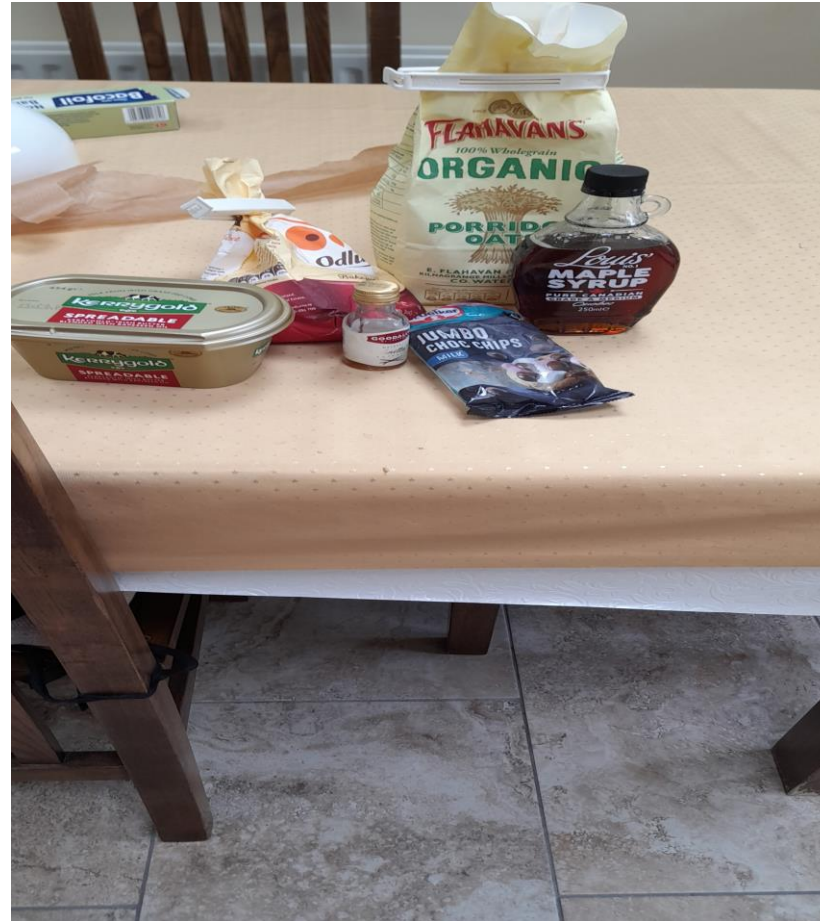


SMH ACTIVITY HUB



# Ingredients

350g Butter extra for greasing tin  
2 tbsp Golden Syrup or Maple Syrup  
175g Brown Sugar  
1tsp Vanilla Extract  
75g Plain Flour  
375g Oats  
100g Chocolate chip or raisin



# Equipment

- Weighing scales
- Mixing bowl
- Wooden spoon
- Spatula
- Swiss roll tin
- Baking paper



# STEP 1

Preheat oven to 180 degrees

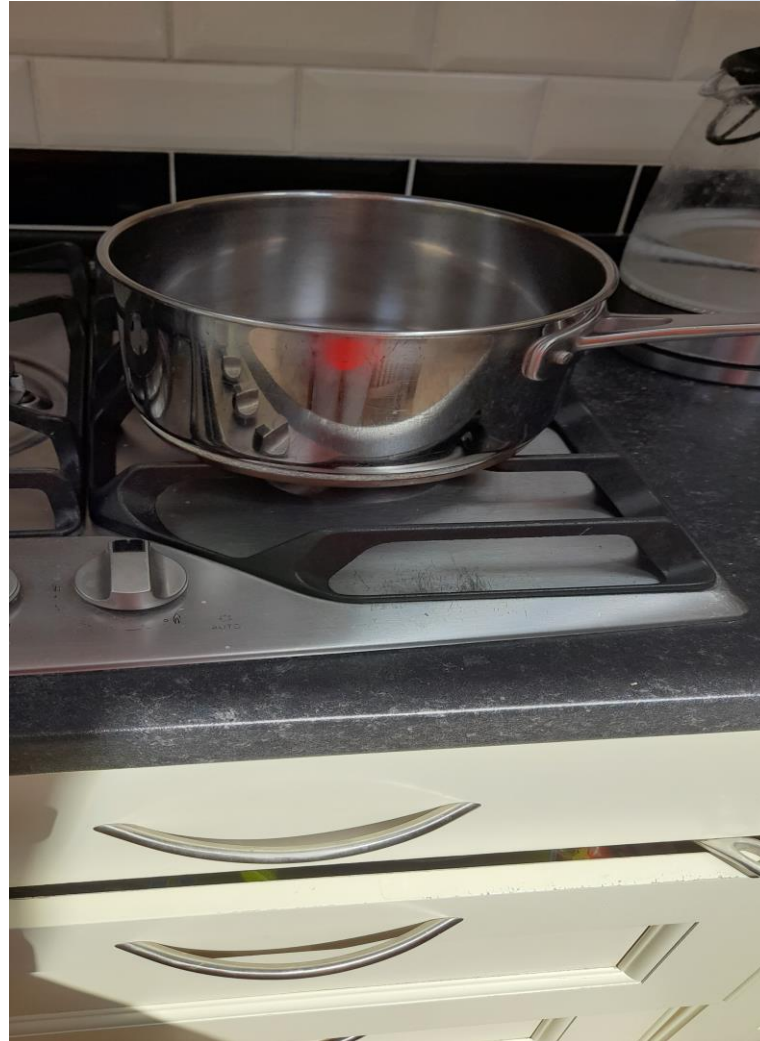




## STEP 2

Measure out your Butter,  
golden syrup, sugar and vanilla  
extract and add to saucepan

5



# STEP 3

Measure your remaining ingredients



# STEP 4

On a medium/low heat  
Simmer and stir to melt the  
butter. When smooth, take off  
heat and add flour and oats.



# STEP 5

Add parchment paper to swiss roll tin (10x15in) and then add our flapjack mix





## STEP 6

Bake in oven for 20/25 minutes



## STEP 7

Remove from oven , allow to cool  
and cut into squares

**Enjoy !!**

