

## Sophie's Golden Syrup Flapjack

### Ingredients

- 8 oz porridge oats
- 5 oz self-raising flour
- 5 oz butter
- 4 oz soft brown sugar
- 2 large tablespoons (good dollops) golden syrup
- A pinch of salt (especially if using unsalted butter)

### Optional additions:

- Stewed fruit (for layering)
  - A pinch of mixed spice
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### Method

1. Preheat the oven to 170–175°C (Moderate oven) and lightly grease a baking tin.
2. In a large mixing bowl, combine the porridge oats and self-raising flour, stirring well to evenly mix the dry ingredients.
3. In a saucepan over a gentle heat, melt together the butter, brown sugar, and golden syrup, stirring until fully combined and smooth. Do not allow it to boil.
4. Pour the melted mixture into the bowl of dry ingredients. Add a pinch of salt and, if desired, a little mixed spice. Stir thoroughly until everything is well coated.
5. Spoon the mixture into the prepared tin and press it down firmly and evenly.
  - *Optional:* For a variation, spread half the mixture into the tin, add a layer of stewed fruit, then cover with the remaining mixture.
6. Bake in the oven for 20–25 minutes, or until lightly golden on top.
7. Remove from the oven and allow to cool slightly before cutting into squares or slices.