

Flap Jacks

CREATIVITY



make and do

Suggested as a first sortie into the use of an oven. This recipe has the advantage that the cooking time is short and the oven temperature is relatively low. While this latter point is of less relevance when an adult places uncooked materials in the oven, and the finished goods are removed afterwards, it does also mean that the external oven temperature is likely to be reasonable. It is always worth checking modern ovens for the temperature of the outside. In some cases these are sufficient to cause a skin burn particularly to a young person.

Ingredients:

- 170g butter
- 25g golden syrup
- 125g brown sugar
- 250g porridge oats
- 75g desiccated coconut

Instructions:

1. Measure out the ingredients as listed above.
2. The butter and the syrup should be warmed gently in a saucepan until melted and then removed from the heat.
3. When the sugar, coconut and oats have been added the temperature will be lowered to a point where there is little problem providing a light saucepan is in use.
4. All ingredients are stirred together and then spread out into a shallow tray about 20 x 25 cm already greased with butter. Cook for 15 minutes in an oven at 180°C (350°F or gas mark 4).
5. Allow to cool and cut into fingers.
6. Cornflakes can be substituted for the oats and give a crunchier texture.
7. Raisins and glacé cherry halves could be added too.



Groups of 4-6



20-30 minutes



Leaders should be aware of any food allergies their boys might have