



# Flapjack Cookies



2 servings



15 minutes

## INGREDIENTS

125g rolled oats

75g plain flour

50g sugar

100g margarine

2 tablespoons of golden syrup

Optional Extras: chocolate chips, sultanas,  
dried fruit

## EQUIPMENT

- Small saucepan
- Metal teaspoon
- Plastic spoon
- Lined baking tray

Food Science: **Dextrinisation** - the browning that occurs when foods containing starch are cooked, or exposed to an alkali, acid or enzyme.

## TIMEPLAN

1	Pre heat to 190°C. Put syrup, sugar and butter in pan and melt over a medium heat stirring with plastic spoon.	Be careful with the hob. Turn it down if sizzling or you will burn it.
2	Remove from heat and stir in the oats, flour (and some dried fruit pieces if want to add extra flavour)	
3	Spoon even sized heaps onto lined baking tray	Make sure each heap is the same size
4	Bake for 15-20 minutes	
5	Remove from oven (use oven gloves) and allow to cool	Be very careful and use oven gloves when taking food in and out of the oven



**CHELTENHAM  
BOURNSIDE  
SCHOOL**

**Food Preparation and Nutrition**

