Flapjacks (with walnuts & chocolate)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 150g unsalted butter
- 250g rolled oats
- 50g golden caster sugar
- 25g walnuts, roughly chopped/crushed
- 4 tbsp golden syrup
- handful of chocolate chips/chunks

Don't like walnuts? Try pecans? Or leave the nuts out altogether.

Use any kind of chocolate you like. A left over bar broken up into smaller chunks works well.

Instructions

Already a firm favourite in the office!

1. Preheat your oven to gas mark 5
2. Grease and line a tin, I actually use one of my Le Creuset pans

3. In a large saucepan combine the butter, sugar & syrup and heat till the butter has melted, stirring well so that you get a viscous light brown liquid
4. Stir in the oats & walnuts, I find doing it in stages makes it easier
5. At the last minute add the chocolate chunks and give the mixture one last quick

stir

6. Press the mixture into the pan and bake for around 20 minutes until golden brown
7. Take out of the oven and leave to cool for 10-15 minutes
8. Cut into bars whilst in the tin
9. Transfer to a wire rack (use the lining paper as a carrier)
10. Leave to cool completely and then cut into squares

Depending on your oven you may find you need to turn your tin around halfway to stop one edge from burning. I also tend to cover the tin with foil halfway through to ensure an even colouring and prevent burning.

If you leave out the walnuts and chocolate you have the basic plain flapjack which you can go crazy with. Try adding raisins or dried fruit or ground almonds, whatever you might happen to have to hand.