

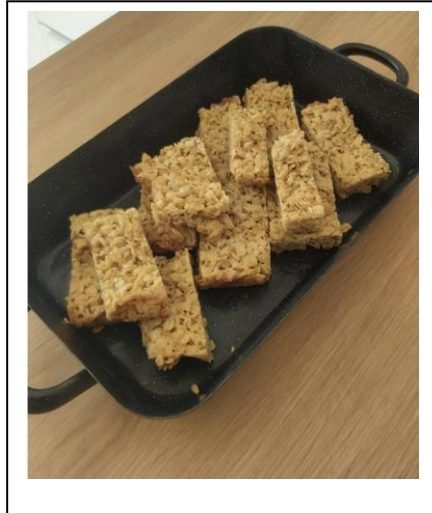
Flapjacks

To begin, we want to introduce you to a delightful snack bar called flapjacks. They are tasty, oat-based, buttery, and sweet little bars that will make everyone's mouth water. These oven baked bars have a light brown appearance, a delicious aromatic smell, and provide a satisfying feeling even after just one bite. They are sure to derail anyone's summer diet!

Traditionally, flapjacks are made with golden syrup, but in our case, we used simple agave syrup as a more affordable and readily available alternative. In general, we chose to prepare flapjacks because of their short baking time, making them perfect as an appetizer before a main meal.

You might be wondering why you should choose our snack over regular store-bought oat bars. To clarify, our homemade dish is more enjoyable, and it's a lot of fun to prepare it with your friends or family. So, give it a try and see for yourself!

Now, you may be curious about the origin of the name "flapjack." For a long time, the term 'flapjack' has been used to refer to various flat, sweet cakes, pancakes, and pastries. It was first called such in the 17th century when it used to be a pancake in a flat tin, as mentioned in John Taylor's jokey poem 'Jack a Lent' of 1620 with the line, "A Flap-iack." As you can



see, flapjacks are a simple and delicious appetizer with a rich history. We would be delighted if you gave them a try sometime!

Ingredients for around 50 pieces:

- 300g Oats
- 250g unsalted butter
- 200g sugar
- 2 Tbsp Golden Syrup (Maple Syrup or Agave Syrup also possible)

Preparation:

1. Begin by preheating your oven to 200°C (using both top and bottom heat) and line a square baking dish with parchment paper.
2. Cube the butter and combine it with the sugar in a pan. Set your stove to low to medium heat and stir until the butter is fully melted.
3. Add the oats and syrup to the mixture.
4. Transfer the mixture to the prepared baking dish, spreading it evenly.
5. Place the dish in the oven and bake for approximately 15 minutes or until the mixture achieves a light brown color.
6. Allow it to cool, then cut it into small bars.

Additional Tips:

1. Don't panic if you notice foam and butter on top during the process, as it will eventually be absorbed by the oats.
2. Exercise patience and refrain from cutting into bars until the mixture has fully hardened. Cutting too early can lead to a messy outcome.