Hi everyone

Debbie Leese and Janet Butterworth in the past have provided Flapjack at running events for runners at the finish post.

Our Half Marathon usually attracts 650 runners on the day and Debbie says she can make around 200 pieces but is under pressure from work at the moment.

So what we need is 4 volunteers to make 100 pieces

or 8 volunteers to make 50 pieces

or 3 volunteers to make 100 pieces

and 1 volunteer to make 50 pieces and another volunteer to make 30 pieces and finally another volunteer to make 20 pieces etc!!!!

We would like to provide everyone with a piece if that’s possible and to help you do this I have provided you with a recipe.

This was given to me by a friend today whilst I was eating my bowl of soup outside his restaurant in the rain, lovely soup but it took me an hour and half to eat it!!

Please let me know if you can help

Dennis

Race director



**Prep Time: 10 minutes**

**Cook Time: 25 minutes**

**Total Time: 35 minutes**

**Ingredients:**

* 4 ½ oz/ 6 tbsp Golden Syrup or corn syrup
* 2 sticks/200g unsalted butter
* 12 oz/330g porridge oats

**Preparation:**

**Preheat the oven to 350°F/180°C/Gas 4**

* Butter a 9"x 13"/23cm x 33cm Swiss roll tin and line the base with baking parchment.
* Place the syrup and butter into a large saucepan and heat gently until the butter has melted into the syrup and stir well. Make sure you add all the golden syrup, sometimes it is hard to get it exact and more is always better than less if you want your flapjack gooey but not falling apart.
* Put the oats into a roomy baking bowl, add a pinch of salt then pour over the butter and syrup mixture and stir to coat the oats.
* Pour the mixture into the prepared tin and spread evenly to fill the tin making sure the surface is even.
* Bake in the preheated oven for 25 minutes or until golden brown. Remove from the oven while the flapjack is still slightly soft, they will harden once cool.
* Place the tin on a wire cooling rack and cut the flapjack into squares and leave in the tin until completely cold.

The flapjack keeps well stored in an airtight tin.