

Jamie Oliver



Buddy's flapjack biscuits

BUTTERY, SYRUPY, CRUMBLY GOODNESS

MAKES: 16

COOKS IN: 29 MINUTES

DIFFICULTY: SUPER EASY

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
140	7.9g	3.8g	6.9g	0.1g	2.1g	16.1g	1g
7%	11%	19%	8%	2%	4%	6%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

100 g unsalted butter , (at room temperature)

100 g mixed dried fruit & nuts

100 g porridge oats

100 g self-raising flour

100 g golden syrup



RECIPE FROM

**5 Ingredients –
Quick & Easy Food**

BY JAMIE OLIVER

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Line a deep 20cm square baking tin with greaseproof paper and rub with olive oil.
3. Pulse the butter, dried fruit and nuts, oats and flour in a food processor until the mix comes together and away from the sides, then pulse in the syrup until fully combined.
4. Transfer to the lined tin, flattening to the edges. Bake for 15 to 20 minutes, or until golden.
5. Remove from the oven, slice into 16 squares ready to cut, and leave to cool in the tin for 5 minutes.
6. Use the paper to lift out on to a wire rack, and leave to cool completely. Simple, easy, delicious – spread the word!

Tips

EASY SWAPS:

- No golden syrup? Try sugar, honey or even maple syrup in its place.
- When it comes to dried fruits and nuts, use whatever combo you fancy, it's up to you.