

OAT CRUNCHIES

INGREDIENTS

50g plain flour
50g rolled oats
 $\frac{1}{2}$ tsp bicarbonate of soda
1 tbsp golden syrup
50g brown sugar
50g margarine
 $\frac{1}{4}$ tsp vanilla essence

UTENSILS

1 saucepan
1 wooden spoon
1 baking tray
1 teaspoon
pot stand
fish slice
cooling tray
fork



METHOD

1. Prepare oven Gas mark 3, 325° F, 175° C
2. Grease baking tray
3. Put margarine, syrup and sugar in the saucepan and stir over a gentle heat until the margarine is melted, remove from heat.
4. Add all of the remaining ingredients, stir well.
5. Make "baby footballs" place well apart on the baking tray
6. Flatten each using a fork.
7. Bake for 15-20 minutes.
8. Remove from the oven. Use a fish slice to remove the biscuits from the baking tray, place on a cooling tray.

N.B. The biscuits will be soft when they are hot , they will go crisp as they cool down.