Sticky Date and Pecan Flapjacks

Ingredients

100g butter

100g light brown sugar

4 tbsp golden syrup

100g ready to eat dried dates

75g pecan nuts

175g oats

Method

1. Preheat the oven to 175ºC and fully line a shallow baking tin (approx 20 x 30 cm) with greaseproof paper.
2. Put the butter, sugar and syrup into a large saucepan. Chop the dates into small pieces then roughly chop the pecans keeping them chunky, add both of these to the pan. Put the heat on low and let the butter melt, stirring occasionally.
3. When it’s all melted, add the oats and stir until all combined.
4. Tip the mixture into the lined tin and bake in the preheated oven for 10 minutes (or longer if you want a crunchier flapjack).
5. Remove from the oven and set aside to cool and firm up a bit before cutting into pieces.

Yield - 18