Baking our way to beating heart rhythm disorders

Organise a bake sale at school, work or in your community to help raise awareness of syncope and heart rhythm disorders.

www.heartrhythmweek.org

Flapjacks

Ingredients: Makes about 16

♥ 170g butter  
♥ 115g demerara sugar (or golden castor sugar)  
♥ 60g (2 tbsp) golden syrup  
♥ 225g whole/rolled oats (ideally not the instant/quick cooking oats)

Method

Pre heat the oven to 190c (gas mark 5) and line a 8x8 inch tin with baking paper

1. Melt the butter and syrup in a saucepan and add the sugar  
2. Add the oats and mix together well  
3. Tumble into the lined tin, and press down evenly. Bake for about 25 minutes, until golden brown  
4. Remove from the oven and use a straight edge (spatula, etc) to mark the flapjacks into pieces. Allow to cool fully before cutting