



# OAT BARS

## INGREDIENTS

50grams soft brown sugar  
2 tablespoons golden syrup  
200grams rolled oats  
75grams butter

## METHOD

1. Preheat the oven to 190 degrees Celsius.
2. Put the sugar, syrup and butter into a saucepan.
3. Heat the pan slowly over low heat and mix the ingredients together until the butter melts.
4. Turn off the heat and add the rolled oats to the melted mixture.
5. Keep stirring until the oats are mixed in well.
6. Pour the mixture onto a lightly greased slice tray (approximately 20 x 30cm) and press the mixture down and out to the edges using the back of a wooden spoon.
7. Bake for approximately 20 minutes and remove the tray from the oven.
8. Cut the bars whilst the mixture is still warm and let them cool in the tray.
9. Once they have cooled remove the bars from the tray.

## HOT TIPS

1. If you want to make the oat bars slightly sweet you can ice with a lemon icing.
2. You can add sultana's or raisins (approximately 50 grams) to this mixture when you add the oats but you will need to decrease the oats (by approximately 30 grams).