**Ruth’s Rehearsal Rescue Flapjack**

Ideal for keeping musicians going between meals

1. Melt 6 oz of butter/margarine in a pan.
2. Add 5 oz of brown sugar and stir till dissolved.
3. Add a tablespoon of syrup and stir again.
4. Remove from heat and mix in 8 oz of oats.
5. Spoon mixture into a baking tray and bake at 180 C (fan oven) for 10 – 15 mins until golden brown.
6. Leave in baking tray to cool but cut while still warm.
7. SUGGESTIONS FOR EXTRA INGREDIENTS:

When mixing in the oats, add 2 tablespoons of tahini. Alternatively, chopped apple, chopped dates, grated or ground ginger, lime zest & coconut, or pumpkin seeds all add something special.