

FLAKEMEAL SHORTBREAD

Makes 30 primary portions

INGREDIENTS

210g	Golden Wholegrain Plain flour
360g	Porridge oats
360g	Margarine
180g	Caster sugar
¼ tsp	Bicarbonate of soda

A 26 x 40 cm tin or similar

METHOD

1. Heat the oven to 160°C /325°F/Gas 3.
2. Melt the margarine in a saucepan.
3. Add all the other ingredients and mix well. Remove from the heat.
4. Spread into a greased tin, and bake for 40-45 minutes.
5. Cut into slices while still hot.
6. Allow to cool completely before removing from the tin.

BAKING TIP – For a fruity alternative, add 300g chopped apricots or dates at step 3.

ALLERGENS: Contains wheat/gluten

