



Food For Thought Recipe and Allergen Card

Flapjacks

100 Portions

Ingredient	Hannah Product Code	Quantity
Porridge oats	D0075101	2x 1kg
Golden syrup	D006990	2x 454g
Caster sugar	D001146	1.4kg
Margarine	C000261	1.4kg

RECIPE METHOD – ALLERGENS

1. In a heavy bottomed sauce pan melt the **margarine**
2. Add the sugar and syrup, heat until just bubbling
3. Add the **porridge oats** and mix very well
4. Line 4 trays with either parchment paper or cling-film and evenly fill with mixture
5. Bake in the oven at 160°C for 20 minutes – NO LONGER
6. Allow to cool and tip out of the tray, cut whilst still slightly warm

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...