



## Ingredients

225g unsalted butter  
180g soft light brown sugar  
150g Carnation caramel  
65g golden syrup  
375g porridge oats  
150g dried dates, roughly chopped  
50g walnuts, roughly chopped

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## Method

1. Pre-heat the oven to 170°C (150°C fan).
2. Line a 23cm x 23cm square tin with baking parchment.
3. In a medium sized pan melt the butter, soft light brown sugar, carnation caramel and golden syrup on a very low heat until the sugar has melted. Leave to cool slightly.
4. Weigh the porridge oats, chopped dates and walnuts into a large bowl.
5. Add the cooled melted butter mixture to the oats and mix until fully combined.
6. Put the oat mixture into the tin and flatten with a small spatula.
7. Bake for 20 minutes until the edges go slightly brown. The middle will still be very pale but it will set as it cools.
8. Leave to set in the tin then cut into squares. It is best to leave overnight or place in the fridge to make sure it is completely cold before cutting into slices.

# Date and Walnut Flapjack