

ALIJACK

8 oz Porridge Oats
3 oz Plain Flour
1 lvl tsp Baking Powder
3 oz Sesame Seeds
4 oz Sunflower Seeds
5 oz Pumpkin Seeds
8 oz Seedless Raisins
6 oz Butter (I use salted)
6 oz Brown Sugar (I use muscovado)
2 dsrt sp Golden syrup

Melt Butter in a pan first then stir in Brown Sugar until melted.

Stir in the Syrup until melted

Mix all ingredients together and cook in a tin about 1 inch thick
for 15/20 mins. at 180°C / Gas 3 ½

(For a naughty treat you could add chocolate drops)