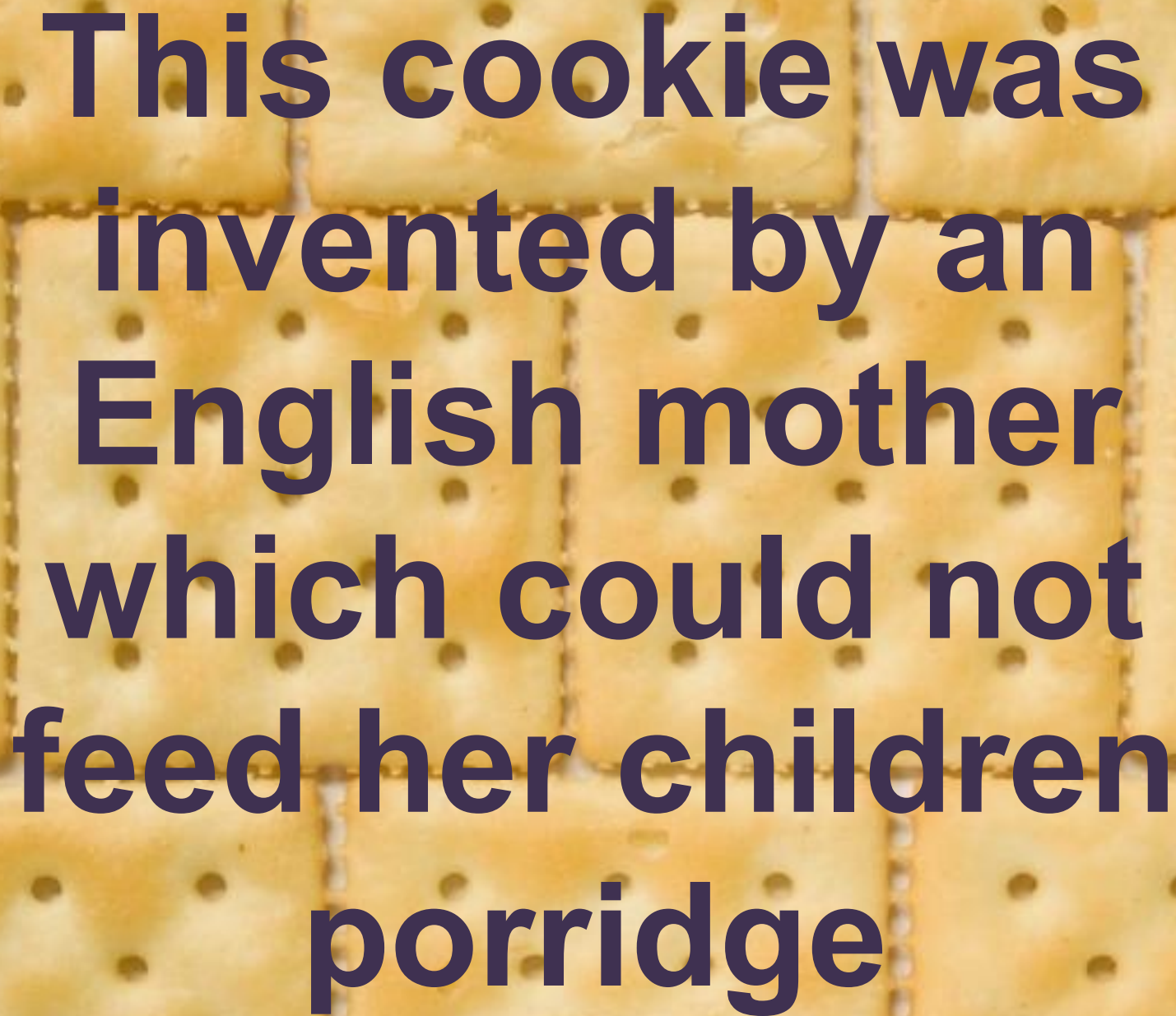


# Flepjeck





**This cookie was  
invented by an  
English mother  
which could not  
feed her children  
porridge**





**Now it is a national  
British delicacy  
which served with  
tea or coffee**

# **For cooking flepjack you will need:**

- Porridge (preferably cereal) - 250 grams;**
- Butter - 100 grams;**
- Sugar - about 100 grams;**
- Honey - about 100 grams;**
- Apple - 1 piece;**
- Raisins - 0.3 cups;**
- Nuts or pralines - 2 tbsp. spoons;**
- Water - 1-2 tbsp. spoon.**





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**Thank you for  
your attention  
Enjoy your meal**