



## Parkin

### Ingredients

½ lb Flour  
½ lb Oatmeal  
¼ lb Butter  
¼ lb Sugar  
1 Teaspoon Bicarbonate of soda  
1 Teaspoon Ginger  
½ lb syrup and Treacle mixed  
1 cup of milk (approx ½ pint)

### Method

Warm treacle mix and butter, add bicarbonate of soda to the milk, and then mix all ingredients together.

Bake in a slow oven for 1-1 ½ hours

Acknowledgements: FGSC Member Olive Hitchen