



Banana, Coconut & Chocolate Chip Flapjacks & Stirling Castle

 Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



24

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 banana
- ☐ 0.5 cup butter soft
- ☐ 0.5 cup chocolate chips dark
- ☐ 0.5 cup desiccated coconut
- ☐ 5 tbsp golden syrup
- ☐ 3 tbsp brown sugar light
- ☐ 2 cups porridge oats

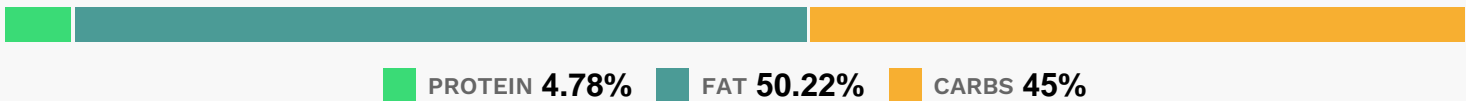
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat the oven to gas mark 3/325f/160c/140c fan.
- ☐ Grease a tray or brownie pan.
- ☐ In a large bowl mix together the oats, sugar, coconut and chocolate chips.
- ☐ Mash a banana until it is squidgy and soft.
- ☐ In a small pan, melt together the butter and golden syrup and mix in the banana.
- ☐ Leave the melted butter mixture to cool slightly and then mix into the oats. I was too impatient and my chocolate melted. Whoops! It still tasted good, but choc chips would have been nice.
- ☐ Bake for 25 minutes. Take out near the end and test with your finger, it should be slightly springy if you want a chewy flapjack. Leave it in longer if you want a crisper flapjack.
- ☐ Cut into squares while still warm.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:8.66, Glycemic Load:4.39, Inflammation Score:-1, Nutrition Score:2.5182608443758%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 116.2kcal (5.81%), Fat: 6.61g (10.17%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.09g (4.4%), Sugar: 7.16g (7.96%), Cholesterol: 10.21mg (3.4%), Sodium: 35.95mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Manganese: 0.31mg (15.67%), Fiber: 1.24g (4.97%), Phosphorus: 38.35mg (3.84%), Selenium: 2.59µg (3.7%), Magnesium: 13.83mg (3.46%), Zinc: 0.43mg (2.84%), Copper: 0.05mg (2.6%), Vitamin B1: 0.04mg (2.51%), Vitamin A: 121.7IU (2.43%), Iron: 0.42mg (2.33%), Potassium: 78.54mg (2.24%), Calcium: 17.96mg (1.8%), Vitamin B6: 0.04mg (1.79%), Vitamin B2: 0.02mg (1.42%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.21mg (1.4%), Folate: 4.25µg (1.06%)