



## Chocolate and Banana Flapjacks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 banana mashed
- ☐ 0.5 cup dairy free margarine (or you could use butter)
- ☐ 100 g chocolate dark
- ☐ 5 tbsp golden syrup (or you could use agave syrup or honey)
- ☐ 3.5 cups porridge oats
- ☐ 1 cup raisins

## Equipment

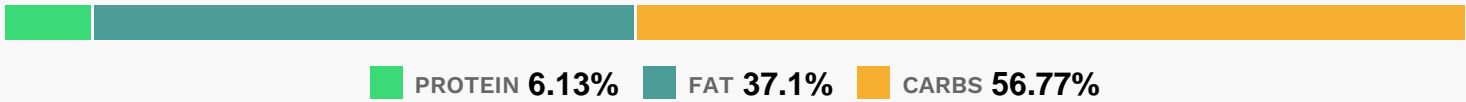
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 160c/140c fan/gas mark 3 and line a brownie pan or baking tray with greaseproof paper. I like to use foil backed parchment as it moulds to the pan nicely and is less fiddly.
- ☐ In a small pan melt together the margarine and golden syrup, then stir in the mashed banana and set aside to cool.
- ☐ Measure the oats into a large bowl, mix in the raisins and chocolate
- ☐ Pour in the cooled wet mixture and stir until well combined. If the mixture seems a little wet, you may add more oats.
- ☐ Pour the mixture into your prepared pan and press down with the back of a spoon until even.
- ☐ Bake for 25 minutes until golden, but slightly springy to the touch. Leave to cool in the pan.
- ☐ Cut into 16 squares and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:14.97, Glycemic Load:12.66, Inflammation Score:-4, Nutrition Score:6.8486955437971%

## Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 201.16kcal (10.06%), Fat: 8.46g (13.01%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 25.84g (9.4%), Sugar: 8.02g (8.91%), Cholesterol: 0.19mg (0.06%), Sodium: 50.55mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5mg (1.67%), Protein: 3.15g (6.29%), Manganese: 0.81mg (40.48%), Fiber: 3.28g (13.12%), Magnesium: 43.44mg (10.86%), Copper: 0.21mg (10.64%), Phosphorus: 100.67mg (10.07%), Vitamin E: 1.48mg (9.9%), Iron: 1.75mg (9.73%), Selenium: 5.68µg (8.11%), Vitamin B1: 0.1mg (6.41%),

Potassium: 212.04mg (6.06%), Zinc: 0.88mg (5.87%), Vitamin A: 276.87IU (5.54%), Vitamin K: 4.77µg (4.54%),  
Vitamin B6: 0.06mg (3.21%), Vitamin B2: 0.05mg (3.19%), Vitamin B5: 0.25mg (2.53%), Vitamin B3: 0.41mg (2.07%),  
Folate: 7.42µg (1.86%), Calcium: 16.69mg (1.67%), Vitamin C: 1.13mg (1.37%)