



WHATSheATE



Chocolate flapjacks



Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 50 g butter
- ☐ 50 g clear honey
- ☐ 0.5 honey well (see 'Goes with')
- ☐ 100 g chocolate plain melted chopped

Equipment

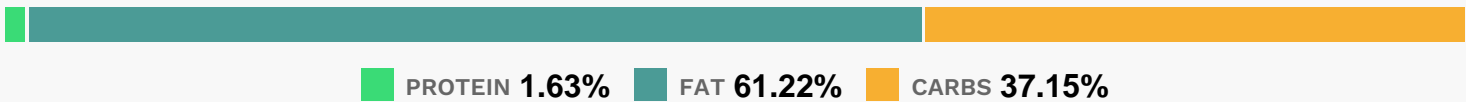
- ☐ frying pan
- ☐ oven
- ☐ potato masher

☐ aluminum foil

Directions

- ☐ First make the Honey crunch granola with almonds & apricots (see 'Goes well with'). You'll need half the granola for this recipe.
- ☐ Heat oven to 190C/170C fan/gas 5 and line a baking tin (15 x 20cm, or 18cm square) with baking parchment. Melt the butter and honey together in a large pan. Stir in the granola and chocolate chunks, making sure they are all well coated.
- ☐ Tip the flapjack mix into the tin and press down very firmly (a potato masher is a good tool to use here). Cover with foil or more baking parchment, then bake for 25–30 mins. Leave to cool in the tin, then drizzle over the melted chocolate. Once set, cut into 8 portions. Can be stored in an airtight container for 3 days.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:5.64, Inflammation Score:-1, Nutrition Score:1.3178260653563%

Nutrients (% of daily need)

Calories: 127.38kcal (6.37%), Fat: 9.34g (14.38%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 12.06g (4.38%), Sugar: 11.62g (12.91%), Cholesterol: 13.44mg (4.48%), Sodium: 42.44mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.25mg (2.75%), Protein: 0.56g (1.12%), Copper: 0.07mg (3.7%), Magnesium: 14.38mg (3.59%), Manganese: 0.07mg (3.34%), Vitamin A: 156.19IU (3.12%), Fiber: 0.7g (2.8%), Iron: 0.37mg (2.07%), Vitamin B2: 0.03mg (2.03%), Phosphorus: 20.13mg (2.01%), Zinc: 0.21mg (1.38%), Vitamin E: 0.18mg (1.18%), Potassium: 41.03mg (1.17%), Vitamin K: 1.23µg (1.17%)