



Cranberry, pumpkin seed & caramel flapjacks

READY IN



55 min.

SERVINGS



16

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 250 g butter salted
- 6 tbsp individually wrapped caramels for topping, see below canned (use remainder)
- 50 g brown sugar
- 350 g oats
- 85 g self raising flour
- 16 servings individually wrapped caramels
- 50 g butter salted
- 25 g pumpkin seeds
- 50 g cranberries dried

25 g chocolate chips dark

Equipment

sauce pan

oven

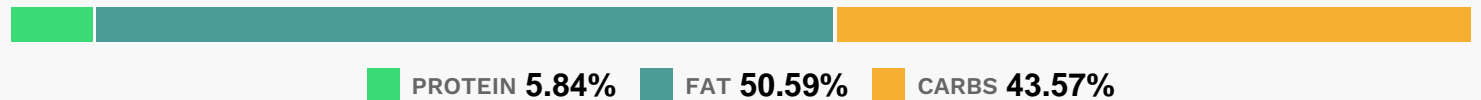
cake form

Directions

Heat oven to 160C/140C fan/gas 3 and line a 22cm square cake tin with baking parchment. Melt the butter, caramel and sugar in a large saucepan, then tip in the oats and flour. Stir well, making sure every oat is covered in the buttery mixture, then tip into your cake tin and press down firmly with the back of a spoon to level the surface.

Bake for 40 mins. Tip the remaining caramel and butter into a small saucepan, and bubble for 5 mins, stirring continuously, until the mixture turns dark golden brown and thickens a little. When the flapjacks have finished cooking, remove them from the oven and pour over the hot caramel. Leave to cool for 5 mins, then scatter with the seeds, cranberries and chocolate chips. Leave to cool completely in the tin before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:15.33, Inflammation Score:-4, Nutrition Score:7.2817390898%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 334.57kcal (16.73%), Fat: 19.27g (29.65%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 34.69g (12.61%), Sugar: 16.28g (18.09%), Cholesterol: 41.42mg (13.81%), Sodium: 162.87mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Manganese: 0.92mg (46.07%), Phosphorus: 138.67mg (13.87%), Selenium: 9.18µg (13.12%), Magnesium: 44.75mg (11.19%), Fiber: 2.66g (10.62%), Vitamin A: 475.6IU (9.51%), Vitamin B1: 0.13mg (8.54%), Zinc: 1.11mg (7.39%), Iron: 1.2mg (6.64%), Copper: 0.13mg (6.26%), Vitamin B2: 0.09mg (5.25%), Vitamin E: 0.74mg (4.96%), Calcium: 46.45mg (4.64%), Potassium:

150.48mg (4.3%), Vitamin B5: 0.42mg (4.2%), Folate: 11.2µg (2.8%), Vitamin K: 2.52µg (2.4%), Vitamin B3: 0.44mg (2.22%), Vitamin B6: 0.04mg (1.99%), Vitamin B12: 0.08µg (1.38%)