



Fresh Blueberry Flapjacks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tbsp agave nectar
- ☐ 1 large banana mashed
- ☐ 125 g blueberries fresh
- ☐ 0.5 cup g/ dairy free spread
- ☐ 315 g porridge oats

Equipment

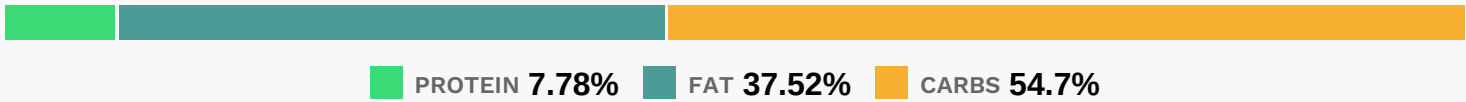
- ☐ bowl
- ☐ frying pan

- ☐ 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 dairy free spread and agave nectar, then stir in the mashed banana and set aside to cool.
- ☐ Measure the oats into a large bowl, mix in the blueberries and seeds.
- ☐ 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 tuck in.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:9.36, Glycemic Load:6.3, Inflammation Score:-4, Nutrition Score:5.8634782874066%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Petunidin: 2.46mg, Petunidin: 2.46mg, Petunidin: 2.46mg, Petunidin: 2.46mg Delphinidin: 2.77mg, Delphinidin: 2.77mg, Delphinidin: 2.77mg, Delphinidin: 2.77mg Malvidin: 5.28mg, Malvidin: 5.28mg, Malvidin: 5.28mg, Malvidin: 5.28mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.6mg

Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 140.01kcal (7%), Fat: 5.92g (9.11%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.01g (6.19%), Sugar: 4.69g (5.21%), Cholesterol: 0mg (0%), Sodium: 47.13mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Manganese: 0.76mg (38.2%), Vitamin E: 1.54mg (10.27%), Fiber: 2.4g (9.62%), Phosphorus: 83.85mg (8.38%), Selenium: 5.85µg (8.36%), Magnesium: 29.97mg (7.49%), Vitamin B1: 0.1mg (6.73%), Vitamin K: 6.75µg (6.43%), Vitamin A: 279.38IU (5.59%), Zinc: 0.74mg (4.95%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.42%), Vitamin B6: 0.06mg (3.21%), Potassium: 109.85mg (3.14%), Vitamin B2: 0.05mg (2.73%), Vitamin C: 2.17mg (2.63%), Vitamin B5: 0.26mg (2.59%), Folate: 9.65µg (2.41%), Vitamin B3: 0.34mg (1.68%), Calcium: 11.17mg (1.12%)