



Fruity figgy flapjacks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 140 g fig dried soft roughly chopped
- ☐ 75 g coconut oil
- ☐ 6 tbsp agave syrup
- ☐ 300 g rolled oats (we used)
- ☐ 50 g cranberries dried roughly chopped
- ☐ 50 g sultana roughly chopped
- ☐ 85 g apricots dried roughly chopped
- ☐ 75 g nut mixed roughly chopped (we used Brazil nuts, hazelnuts, almonds and walnuts)

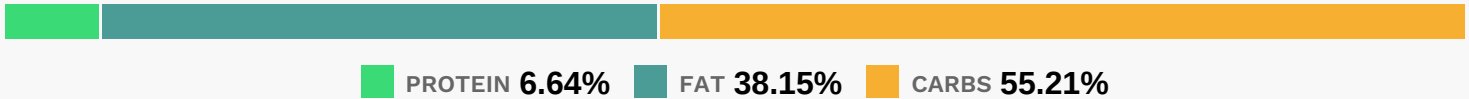
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Line a 20cm square tin with baking parchment.
- ☐ Put the figs in a small pan with 150ml water and simmer until the liquid has reduced by half.
- ☐ Transfer to a food processor and whizz to a paste.
- ☐ Melt the coconut oil and syrup together over a low heat, then stir through the fig paste.
- ☐ Put the oats, dried fruit and nuts in a bowl and mix well, then pour over the wet mixture and stir until combined.
- ☐ Scrape into the tin and bake for 25–30 mins. Leave to cool before cutting into pieces.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:8.46, Inflammation Score:-4, Nutrition Score:7.0978261387866%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 204.74kcal (10.24%), Fat: 9.05g (13.93%), Saturated Fat: 4.8g (30.01%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 26.38g (9.59%), Sugar: 13.92g (15.47%), Cholesterol: 0mg (0%), Sodium: 2.73mg (0.12%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Manganese: 0.85mg (42.65%), Selenium: 10.56µg (15.08%), Fiber: 3.09g (12.36%), Magnesium: 47.09mg (11.77%), Phosphorus: 113.45mg (11.35%), Vitamin B1: 0.16mg (10.37%), Copper: 0.19mg (9.71%), Iron: 1.17mg (6.47%), Zinc: 0.93mg (6.19%), Potassium: 199.47mg (5.7%), Vitamin E: 0.7mg (4.7%), Vitamin A: 203.89IU (4.08%), Vitamin B6: 0.07mg (3.54%), Vitamin B2: 0.06mg (3.46%), Vitamin B3: 0.62mg (3.12%), Vitamin K: 3.1µg (2.95%), Vitamin B5: 0.29mg (2.86%), Calcium: 24.36mg (2.44%), Folate: 9.7µg (2.42%), Vitamin C: 1.67mg (2.03%)