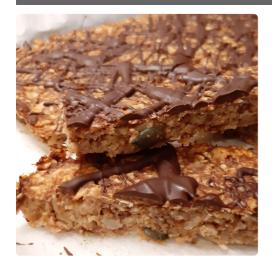
Apple and Banana Oat BarsBy Lisa Treacy from My Life Health and Fitness



U / 3248664 Overview ...





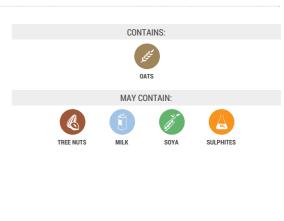
WEIGHT: **60.6%** Carbs 9.8% Protein

29.6% Fat

Food Labelling...

EU Label values per 100g Serves 16

	PER 100G	%RI	PER 52G SERVING	%RI
Energy(Kj)	1003 kJ	12%	522 kJ	6%
Energy(Kcal)	239 kcal	12%	124 kcal	6%
Fat	7.4 ^g	11%	3.9 ^g	6%
of which saturates	2.6 ^g	13%	1.4 ^g	7%
Carbohydrate	35 ^g	13%	18 ^g	7%
of which sugars	12 ^g	13%	6.2 ^g	7%
Fibre	4.6 ^g	18%	2.4 ^g	10%
Protein	5.8 ^g	12%	3 ^g	6%
Salt	0.01 ^g	0%	0 g	0%

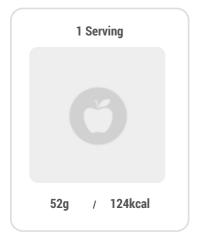


Nutrient Breakdown per 100g...

Energy		Lipid Components		Vitamins	
Energy(Kcal) 11% RI Energy(Kj) 11% RI	226kcal 952kJ	Saturated Fat 13% RI Monounsaturated fat 4% RI	2.6g 1.3g	Vitamin A (ret eq) 0% RI Retinol	1.9ug Oug
Macronutrients		cis-Mono Polyunsaturated fat 12% RI	- 1.9g	Carotene Vitamin D	10.8ug Oug
Carbohydrate 13% RI Protein 11% RI Fat 1 <mark>1% RI</mark> Water Water from Drinks	34.3g 5.5g 7.4g 47g 0g	Omega6(n-6) 12% RI Omega6(n-6) 12% RI cis-Poly Trans-fatty acids Cholesterol	0.3g 1.6g - trace 0.15mg	Vitamin E 11% RI Vitamin K ₁ 0% RI Thiamin (B ₁) 9% RI Riboflavin (B ₂) 4% RI	1.3mg 0.29ug 0.1mg 0.06mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B ₃) 6% RI	0.9mg
Carbohydrate		Sodium 0% RI	5.2mg	Niacin 2% RI Tryptophan	0.4mg 28.6mg
Starch Oligosaccharide Fibre 18% RI NSP Sugars 13% RI <i>Glucose</i>	22.3g 0.13g 4.6g 3.3g 11.9g 3g	Potassium 10% RI Chloride 9% RI Calcium 2% RI Phosphorus 10% RI Magnesium 10% RI Iron 7% RI	196mg 72mg 14.1mg 72mg 37.5mg 0.97mg	Pantothenic Acid (B_5) 4% RI Vitamin B_6 7% RI Folates (B_9) Total 5% RI Vitamin B_{12} 0% RI Biotin (B_7) 6% RI	0.22mg 0.1mg 9.5ug 0ug 3.1ug
Galactose Fructose	0g 5.4g	Zinc 6% RI Copper 22% RI	0.58mg 0.22mg	Vitamin C 11% RI	8.8mg

Recipe Ingredients	Quantity:	Description:
Flahavan's Gluten Free Irish Pure Oats 550g	235g	0.4x Per pack
Bananas, flesh only	115g	1.4x Small
Apples, cooking, stewed without sugar, flesh only	500g	
Coconut palm sugar	10.5g	0x packsize
Oil, coconut	12g	1x tablespoon liquid
Honey, raw	15g	1x Average Portion
Flax Seed (milled or whole)	10g	2.5x teaspoon (whole)
Cinnamon, ground	1.1g	0.5x teaspoon
Cacao Powder	5g	1x teaspoon
Chocolate, dark, 60-69% Cocoa	20g	2.9x Large square
Sunflower seeds	25g	0x Packsize
Pumpkin seeds	25g	6.3x Average Portion

Portions / Pack Sizes .



Ingredient List (QUID) .

Cooking apples (60.4%), Flahavan's Gluten Free Irish Pure Oats 550g (28.4%) [Irish Pure Oats (100%)], Bananas (13.9%), Pumpkin seeds (3%), Sunflower seeds (3%), Dark chocolate (2.4%), Honey (1.8%), Coconut oil (1.5%), Coconut palm sugar (1.3%), Flaxseed (1.2%), Cacao Powder (0.6%), Ground cinnamon (0.13%)

Cooking Instructions & Notes

- 1) Cook the cooking apples with the coconut sugar and leave to cool.
- 2) Mash he banana and apple together.
- 3) Add in the remaining ingredients and mix to combine.
- 4) Put the mix in a tin lined with parchment and bake in an oven @ 180 degrees for 35 mins. Leave to cool.
- 5) Melt the dark chocolate and drizzle over. Wait for the chocolate to set and then cut into 16 bars.

Refrigerate for up to 4/5 days