

Sucrose
Maltose
Lactose

3g Manganese 13% RI
0g Selenium 4% RI
0g Iodine 2% RI

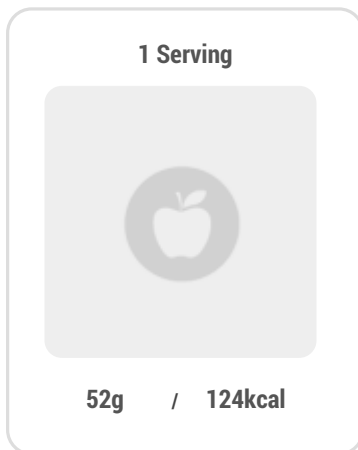
0.26mg
2ug
2.9ug

Other

GI (estimated) 17.5
GL 6
Caffeine 2.1mg

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 the 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

