

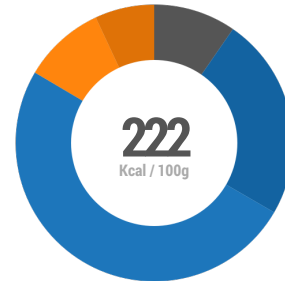
Banana and Oat Bakes

By Lisa Treacy from My Life Health and Fitness



Overview ...

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WEIGHT:

73.9% Carbs

9.6% Protein

16.5% Fat

Food Labelling...

EU Label values per 100g

Serves **9**

| | PER 100G | %RI | PER 62G SERVING | %RI |
|---------------------------|-----------------|-----|-----------------|-----|
| Energy(Kj) | 973 kJ | 12% | 603 kJ | 7% |
| Energy(Kcal) | 230 kcal | 12% | 143 kcal | 7% |
| Fat | 4.1 g | 6% | 2.5 g | 4% |
| <i>of which saturates</i> | 1.7 g | 9% | 1.1 g | 6% |
| Carbohydrate | 41 g | 16% | 25 g | 10% |
| <i>of which sugars</i> | 13 g | 14% | 8.2 g | 9% |
| Fibre | 3.6 g | 14% | 2.2 g | 9% |
| Protein | 5.4 g | 11% | 3.3 g | 7% |
| Salt | 0.02 g | 0% | 0 g | 0% |

CONTAINS:

- OATS
- ALMONDS
- SOYA

MAY CONTAIN:

- MILK

Nutrient Breakdown per 100g...

| Energy | Lipid Components | Vitamins |
|-----------------------|--------------------------------------|--|
| Energy(Kcal) 11% RI | Saturated Fat 9% RI | Vitamin A (ret eq) 0% RI |
| Energy(Kj) 11% RI | Monounsaturated fat 0% RI | Retinol |
| 222kcal | <i>cis-Mono</i> | Carotene |
| 939kJ | Polyunsaturated fat 0% RI | Vitamin D |
| Macronutrients | <i>Omega3(n-3)</i> 1% RI | Vitamin E 1% RI |
| Carbohydrate 16% RI | <i>Omega6(n-6)</i> 0% RI | Vitamin K ₁ 0% RI |
| Protein 11% RI | <i>cis-Poly</i> | Thiamin (B ₁) 7% RI |
| Fat 6% RI | Trans-fatty acids | Riboflavin (B ₂) 2% RI |
| 4.1g | Cholesterol | Niacin total (B ₃) 4% RI |
| Water | Minerals & trace elements | Niacin 3% RI |
| 45g | Sodium 0% RI | Tryptophan |
| Water from Drinks | Potassium 10% RI | Pantothenic Acid (B ₅) 4% RI |
| Alcohol (0% ABV) | Chloride 10% RI | Vitamin B ₆ 14% RI |
| 0g | Calcium 0% RI | Folates (B ₉) Total 3% RI |
| 0g | Phosphorus 2% RI | Vitamin B ₁₂ |
| Carbohydrate | Magnesium 5% RI | Biotin (B ₇) 3% RI |
| Starch | Iron 1% RI | Vitamin C 6% RI |
| Oligosaccharide | Zinc 1% RI | |
| Fibre 14% RI | Copper 6% RI | |
| NSP | | |
| Sugars 15% RI | | |
| Glucose | | |
| Galactose | | |
| Fructose | | |

Sucrose
Maltose
Lactose

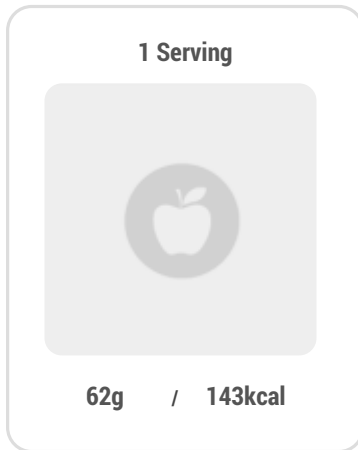
1.7g Manganese 12% RI
0g Selenium 0% RI
0g Iodine 1% RI

0.23mg
0ug
1.9ug

| Other | |
|----------------|------|
| GI (estimated) | 16.3 |
| GL | 6.7 |
| Caffeine | - |

| Recipe Ingredients ... | Quantity: | Description: |
|---|-----------|----------------------------------|
| Flahavan's Gluten Free Irish Pure Oats 550g | 200g | 5x Per 40g serving |
| Bananas, flesh only | 360g | 3x Large |
| Lily O'Brien's 70% Dark Belgian Chocolate 80g | 30g | 0.8x Per 40g (Approx. 4 squares) |

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Bananas (64.2%), Flahavan's Gluten Free Irish Pure Oats 550g (35.7%) [Irish Pure Oats (100%)], Lily O'Brien's 70% Dark Belgian Chocolate 80g (5.4%) [Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithin)], Dark Chocolate contains Cocoa Solids 70% minimum]

Cooking Instructions & Notes

- 1) Mash the bananas and mix in the oats.
- 2) Make 9 banana and oat balls.
- 3) Put one dark chocolate button in each ball and reshape to ensure the chocolate is completely covered.
- 4) Slightly flatten and bake @ 190 degrees for 15 mins.