



Fruity Flapjack

This flapjack has less fat and sugar compared to some traditional recipes. The banana gives it sweetness and texture, a great way to have a sweet treat rich in fibre. Just remember to have one piece for it to be under 100 calories



Ingredients

- 1 ripe banana
- 20g raisins
- 20g brown sugar
- 20g fat/olive oil spread
- 1 tsp golden syrup
- 130g oats

Method

1. Pre heat oven to 200 °C/Fan 180 °C/392 °F/Gas mark 6
2. Weigh oats and raisins into a mixing bowl
3. Gently melt spread, stir in the sugar and syrup, mix well into the oats
4. Mash banana and mix well into the above mixture
5. Empty the mixture into a small oven proof dish, use a spoon to flatten mixture out
6. Bake for 15 minutes
7. Remove from the oven and cut into 10 pieces, leave to cool before removing from the dish
8. Depending on the dish used 1 square (25g) of flapjack will be around 81kcal

Nutrition per portion - 25g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
81kcal	2.1g	0.4g	5.5g	<0.01g	1.5g	13.4g	1g
4%	3%	2%	6%	1%	3%	5%	-

% of an adult's reference intake

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