

# GLUTEN FREE FLAPJACK MIX

## Product Information

### Description

A rich oaty Gluten Free flapjack mix with a smooth, chewy golden syrup taste that makes moist, sweet flapjacks, suitable for those with Coeliac Disease. Add fruit, seeds and choc chips for a luxury treat.

Certified by Coeliac UK product GB-163-009

Brand: Middletons

Description: Gluten Free Flapjack Mix

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U012A**

(Internal Code: Y101 tub)

### Shelf Life

Unopened - 12 months

### Portion Yields

Flapjack Mix	Water
1kg	100ml
3kg	300ml

### Features and Benefits

- ✓ Easy to use, just add water.
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

### Nutritional Information

Nutritional Information	100g as sold	Per 57g portion as consumed
Energy (kJ)	1860	964
Energy (kcal)	443	230
Fat (g)	18.2	9.5
of which Saturates (g)	6.1	3.2
Carbohydrate (g)	64	33
of which Sugars (g)	23.2	12.0
Protein (g)	6.3	3.2
Salt (g)	0.3	0.2

Approx 57 x 57g portions as consumed per 3kg tub



### Ingredients

Gluten Free **OAT** Flakes (50%), Sugar, Vegetable Oil Blend (Palm & Rapeseed Oil), Dried Glucose, Dextrose, Natural Flavouring, Salt, Flavouring.

### Allergens

For allergy advice see ingredients in "**bold**" and UPPERCASE

### Cooking Instructions

1. Place the weighed out mix in the mixing bowl.
2. Select the beater attachment.
3. Add water to mix and blend for 20-30 seconds on slow speed until all of the water is mixed.
4. At this stage, add choc chips, fruit or nuts and give the mix 20 seconds on slow to incorporate it into the mix.
5. Allow mix to stand for 10 minutes before spreading onto a greased baking tray (the mix should be at least 3cm deep).
6. Bake in the centre of a pre-heated oven at 180°C/350°F/Gas Mark 4 for 20-25 minutes until golden brown.
7. Cooking times and temperatures may vary.
8. Allow to cool slightly on the baking tray for 6-10 minutes before cutting.