

## Recovery Flapjack Recipe

This flapjack contains a 4:1 carbohydrate to protein ratio which has been shown to be optimal for post exercise nutrition. One piece of this can be eaten immediately post training, and then look to eat a meal within 2 hours.

The recipe contains whey protein which we recommend comes from an [approved supplier](#) However, there is always a risk the content could be contaminated so be aware..

**Ingredients to make one tin 12" diameter (about 8 portions). 2710kcal (339), 80g protein 10g), 336g CHO (42g) 114g fat (14.25g).**

**Whole Grain Oats: 200g Butter: 100g Seeds (pumpkin, sunflower, or mixed) : 50g  
Mixed fruit (Sultanas, cranberries, raisins) 150g Golden Syrup: 3 tablespoons  
Whey Protein: 4 tablespoons (50g). 1 banana mashed. 2 pineapple rings and juice.**

Melt the butter into a saucepan, and then mix in the other ingredients.

Once thoroughly mixed, spoon into a baking tin. Put into a pre heated oven for 15 minutes at 170C.

Remove from the oven and let stand. Cut into 8 pieces and carefully remove (you can slightly warm the bottom of the tin to help).

The banana helps bind the ingredients; the pineapple adds moisture and density.