



## Classic Cakes

## Ingredients and Nutrition

### Raspberry Flapjack

#### Ingredients

Oats, partially inverted Fairtrade sugar syrup (25%), vegetable margarine (vegetable oil, water, emulsifier: mono- and di-glycerides of fatty acids, flavouring), raspberry jam made with Fairtrade sugar (8%) (Fairtrade sugar syrup, raspberries, Fairtrade sugar, gelling agents: pectin and calcium chloride, acidity regulators: sodium citrate and citric acid), Fairtrade sugar (2%). May contain traces of nuts and sesame seeds. Suitable for vegetarians.

#### Nutritional Information

Energy	422 kcal per 100g	
Protein	5.5g per 100g	
Carbohydrate	53.9g per 100g	28.5g/100g from sugars
Fat	21.0g per 100g	8.8g/100g from saturates
Fibre	4.0g per 100g	
Sodium	Trace	

### Chocolate Chip Flapjack

#### Ingredients

Oats (44%), partially inverted Fairtrade sugar syrup (23%), vegetable margarine (vegetable oil, water, emulsifier: mono- and di-glycerides of fatty acids, flavouring), sweetened condensed skimmed milk (skimmed milk, sugar), Fairtrade chocolate chips (6%) (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin, cocoa solids minimum 47%), Fairtrade sugar (2%). May contain traces of nuts and sesame seeds. Suitable for vegetarians.

#### Nutritional Information

Energy	414 kcal per 100g	
Protein	6.7g per 100g	
Carbohydrate	55.6g per 100g	29.3g/100g from sugars
Fat	18.6g per 100g	7.9g/100g from saturates
Fibre	4.2g per 100g	
Sodium	Trace	

### Fruit Flapjack

#### Ingredients

Organic Oats (43%), organic vegetable margarine (organic palm oil, organic palm kernel oil, organic cocos oil, organic sunflower oil, water, emulsifier: soya lecithin, citric acid), Fairtrade organic invert syrup (20%), organic raisins (6%), (contains organic sunflower oil), Fairtrade organic sugar (5%), organic apricots (3%) (contains organic rice flour). May contain traces of nuts and sesame seeds. Suitable for vegetarians.

#### Nutritional Information

Energy	422 kcal per 100g	
Protein	5.1g per 100g	
Carbohydrate	53.7g per 100g	28.3g/100g from sugars
Fat	20.8g per 100g	9.1g/100g from saturates
Fibre	4.6g per 100g	
Sodium	Trace	

## Plain Flapjack

### Ingredients

Oats (45%), partially inverted Fairtrade sugar syrup (24%), vegetable margarine (vegetable oil, water, emulsifier: mono- and di-glycerides of fatty acids, flavouring), sweetened condensed skimmed milk (skimmed milk, sugar), Fairtrade sugar (4%). May contain traces of nuts and sesame seeds. Suitable for vegetarians.

### Nutritional Information

Energy	405 kcal per 100g	
Protein	6.6g per 100g	
Carbohydrate	56.8g per 100g	30.4g/100g from sugars
Fat	17.1g per 100g	6.9g/100g from saturates
Fibre	4.0g per 100g	
Sodium	Trace	