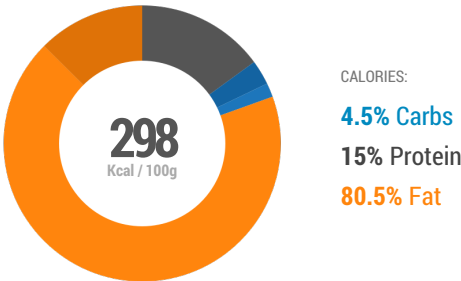


Pumpkin Hazelnut Cake

Makes 8 Portions



EU Label values per 100g

Serves 8

	PER 100G	%RI	PER 81G SERVING	%RI	
Energy(Kj)	1276 kJ	15%	1029 kJ	12%	CONTAINS:
Energy(kcal)	308 kcal	15%	249 kcal	12%	
Fat	27 g	39%	22 g	31%	
of which saturates	4.1 g	21%	3.3 g	17%	MAY CONTAIN:
Carbohydrate	3.4 g	1%	2.7 g	1%	
of which sugars	2.2 g	2%	1.7 g	2%	
Fibre	3.3 g	13%	2.6 g	10%	
Protein	12 g	24%	9.7 g	19%	
Salt	0.42 g	7%	0.34 g	6%	
HFSS Rating	-2	points			

Energy	Lipid Components	Vitamins
Energy(kcal) 15% RI Energy(Kj) 15% RI	Saturated Fat 21% RI Monounsaturated fat 63% RI cis-Mono Polyunsaturated fat 17% RI Omega3(n-3) 12% RI Omega6(n-6) 19% RI cis-Poly Trans-fatty acids Cholesterol	Vitamin A (ret eq) 18% RI Retinol Carotene Vitamin D 8% RI Vitamin E 77% RI Vitamin K ₁ 1% RI Thiamin (B ₁) 19% RI Riboflavin (B ₂) 9% RI Niacin total (B ₃) 16% RI Niacin 3% RI Tryptophan Pantothenic Acid (B ₅) 15% RI Vitamin B ₆ 17% RI Folates (B ₉) Total 18% RI
Macronutrients	Minerals & trace elements	
Carbohydrate 1% RI Protein 22% RI Fat 38% RI Water Water from Drinks Alcohol (0% ABV)	Potassium 16% RI Chloride 21% RI Calcium 10% RI Phosphorus 30% RI	142ug 76ug 394ug 0.388ug 9.2mg 1.1ug 0.2137mg 0.1204mg 2.5mg 0.4405mg 124mg 0.8799mg 0.2339mg 35.8ug
Carbohydrate		
Starch Oligosaccharide Fibre 13% RI NSP		

Sugars 2% RI	2.2g	Magnesium 16% RI	60mg	Vitamin B ₁₂ 10% RI	0.2412ug
Glucose	0.4078g	Iron 14% RI	2mg	Biotin (B ₇) 59% RI	29.4ug
Galactose	0g	Zinc 10% RI	1mg	Vitamin C 3% RI	2.7mg
Fructose	0.3391g	Copper 44% RI	0.4447mg		Other
Sucrose	1.3g	Manganese 87% RI	1.7mg		
Maltose	0g	Selenium 5% RI	2.7ug	GI (estimated)	14.6
Lactose	0.0221g	Iodine 13% RI	19.3ug	GL	0.4859
				Caffeine	-

Recipe Ingredients ...	Quantity:	Description:
250g Pumpkin, steamed, skin on..	250g	1.02 cup
220g Hazelnuts, ground..	220g	220 hazelnuts
25g Butter or other fat (e.g. light olive oil), liquid..	25g	
30g protein powder, vanilla or other..	30g	
2 tsp Cinnamon, ground..	4.6g	
1/2 tsp Baking powder..	2g	
2 Eggs..	114g	
Cooking Instructions & Notes		

1. Preheat the oven to 170C fan/ 340 F.
2. Melt the butter in a pan and blend well with the steamed, cooled down pumpkin- using a blender.
3. Stir in the eggs.
4. Mix all dry ingredients in a bowl.
5. Combine the dry and wet ingredients and pour into a small cake tin lined with parchment paper.
6. Bake for 20-25 minutes.