



SKYE BLUE

Kitchens

BANANA SCROGGIN BARS

Preheat oven to 170°C. Grease and line bottom and side of a rectangle baking tin 27x17cm (approx.) Allow paper to extend a little at two ends, this makes it easy to lift out.

What you need:

- 1 bag of Scroggin Munchies Mix
- 1 TBS maple syrup
- 120g butter (note 1)
- 1 cup mashed banana
- ½ cup quinoa flakes
- 1 tsp ground cinnamon (optional)



To Make:

Empty the bag of Scroggin Mix into a bowl. Add the quinoa flakes and cinnamon, stir together. Melt the butter and maple syrup. When melted add to the dry ingredients along with the mashed banana. Mix together.

Pour into the tin and smooth out to fill the tin. Bake for 20 minutes, (ovens will vary.)

Allow to cool in the tin for 5-10 minutes before lifting onto a wire rack. When completely cold cut into bars or squares. Keep fresh for 3-4 days stored in an airtight container in the fridge.

Note:

1. For dairy free use Olivani or similar.

Tip: A healthy lunchbox treat. Also freezes well.