



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 quantity of our Scroggin Base mix **see below* 1 TBS maple syrup
½ cup quinoa flakes 120g butter (note 1)
1 ½ level tsp gf ground cinnamon
1 cup mashed banana

To Make:

Measure one quantity of our Scroggin base recipe mix into a container with a lid. Secure the lid and give it a good shake. Empty the base mix into a large bowl together with the quinoa flakes and cinnamon. Stir well. Melt the butter and maple syrup. When melted add to the bowl along with the mashed banana. Mix well.

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 non dairy spread of choice.

Tip: A healthy lunchbox treat. Also freezes well.

SCROGGIN MUNCHIES BASE RECIPE

140g of our everyday flour mix
½ level tsp gf baking powder
½ level tsp baking soda
50g finely chopped dried cranberries
60g desiccated coconut
60g gf chocolate chip
30g sunflower seeds
20g pumpkin seeds