



PUMPKIN SCROGGIN SLICE

Preheat oven to 190°C. Line the base and side of a rectangle baking tray with baking paper with an overhang on two sides.

What you need:

- 1 quantity of our Scroggin Munchies Base Mix
- ¾ LSA or quinoa flakes
- 1 ½ level tsp gf baking powder
- 2 level tsp gf ground cinnamon or ginger
- 3 eggs
- 2 TBS maple syrup
- 170ml rice bran oil or similar
- ½ cup of unsweetened natural yoghurt (note 1)
- 1 TBS milk (note 2)
- 1 cup cooked, mashed pumpkin

Scroggin Munchies Base Recipe:

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

To Make:

Measure one quantity of the Scroggin base mix into a food processor and whizz for 30 seconds. Tip into a large bowl then add the other dry ingredients and mix thoroughly. Make a well in the centre. Next measure all of the other ingredients into a large jug. With electric beaters whisk together for about a minute until creamy. Pour the liquid into the dry ingredients and gently mix together. Pour into the tin and bake for 20-25 minutes or until the centre springs back. (Ovens will vary). Cool completely on a wire rack before turning out.

To serve: dust with a little cinnamon icing sugar, or with a dollop of yoghurt or cream on the side. You could also top the whole slice with a lovely cream cheese icing. Slice, eat, enjoy.

Note:

1. For dairy free use coconut yoghurt
2. For dairy free use dairy free milk of choice

Hot Tip: This recipe makes a good size slice and keeps well in the fridge for 4-5 days. It also freezes well. So you could cut and wrap individual portions then freeze (easy to pop into the lunchbox) or half or quarter the slice then wrap and freeze then just take out, defrost and serve as you wish.