



# SKYE BLUE

## *Kitchens*

### **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 bag of Scroggin Munchies mix
- ¾ LSA or quinoa flakes
- 1 ½ tsp baking powder
- 2 tsp ground cinnamon or ginger
- 3 eggs
- 2 TBS maple syrup
- 170ml light olive oil or similar
- ½ cup of unsweetened natural yoghurt (note 1)
- 1 TBS milk (note 2)
- 1 cup cooked, mashed pumpkin



#### **To Make:**

Tip the Scroggin Munchies mix into a food processor and whizz for 30 seconds. Add the mix and all the other dry ingredients into a large bowl and blend together with a whisk. Make a well in the centre. Next all of the other ingredients into a large jug. With an electric beater 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.