

## Banana slice with Bio-Oz Buckwheat flour (Gluten and Dairy Free)

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### Ingredients

3 ripe bananas  
2 eggs  
1 cup buckwheat flour  
½ rice flour  
½ tsp of cinnamon and ground ginger  
75g melted butter  
2 tbsp honey  
2 tbsp dark brown sugar  
¼ cup desiccated coconut

### Cooking Instructions

Preheat oven to 180 degrees. Mash banana's until smooth. Add two eggs and mix until combined. Add the buckwheat and rice flour until smooth. Add the melted butter, spices, coconut, sugar and honey until well combined. Pour mixture into a greased 15cm x 25cm pan and put in oven for 30 minutes or until skewer comes out clean when pierced cake.

Makes 14 slices.

Replace butter with margarine or nut butter for a dairy free alternative.

Serving size - 60g	Per serve
Energy	665kJ
Protein	3.6g
Total fat	6.1g
Sat fat	2.9g
Carb	21.7g
Sugars	9.1g
Fibre	1.7g
Starch	12.6g
Magnesium	24.4mg
Potassium	151.5mg
Sodium	36.3mg

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