



Ginger Coconut Slice

Makes: 15 x (5cm x 5cm) squares

Serves: 15 squares

Ingredients:

2 ripe bananas	(330g)
½ cup honey	(175g)
1 Tbsp grated fresh ginger	(20g)
2 tsp ground ginger	(4g)
1 tsp vanilla essence	(5mL)
2 cups quick oats	(200g)
1 cup desiccated coconut	(80g)
¾ cup almond meal	(75g)

Method:

1. Place bananas, honey, fresh ginger, ginger powder and vanilla in a mixing bowl and mash thoroughly.
2. Stir through oats, coconut and almond meal.
3. Line a slice tin or baking tray with baking paper. Press mixture into a 15 x 25 x 1.5cm high rectangle shape, squaring the edges.
4. Bake at 180°C for 20-25 minutes until golden. Immediately slice carefully into 5cm x 5cm squares while still warm.
5. Allow to cool before serving.

Tip: These make a delicious and sustaining lunchbox treat!