

Breadfruit Banana Orange Peel Ginger Energy-Bar

Micronutrient rich and supporting agro-forests

Ingredients

1 1/2 cups breadfruit flour
dash salt
1/2 tsp baking soda
1 tsp baking powder
1/4 tsp nutmeg
1/2 tsp cinnamon
1/3 to 1/2 cup sugar
2 bananas mashed and a dash of
lime juice
1/4 cup orange juice
4 Tbsp melted coconut oil
1 tsp vanilla
2 eggs
Peel of 2 oranges candied (1/4 cup)
1/4 cup candied ginger.
Ginger and orange peel should be
finely cut
*To candy, boiled with a little sugar
for 5 minutes*
If you choose you can add nuts or
pumpkin seeds

Directions

Preheat oven to 350 degrees.
Grease or line a cookie sheet with
parchment.
Mix bananas, oil, lime, eggs and vanilla.
Add sugar, orange peel and ginger.
Continue to mix.
Whisk breadfruit flour, baking soda,
baking powder, nutmeg, cinnamon
together.
Mix until well incorporated.
Place the mix on parchment lined baking
sheet.
Smooth till the mix is evenly placed over
the entire baking sheet
Bake for 10- 15 minutes.
Remove from oven and slice into squares
Turn off oven.
Place cookie sheet with slices
back in the oven to crisp up for
about 30 minutes

