

BANANA NUT SLICE **(VEGAN, GLUTEN-FREE)**

- 8 lady finger bananas (about 1 kg unpeeled, 500g peeled)
- 1 small cup sultanas
- 1 small cup nuts chopped roughly (e.g. cashew, pecan or almond)
- ½ cup light oil
- 2 heaped tablespoons desiccated coconut
- 3 heaped tablespoons chick pea or buckwheat flour, sifted
- Juice of ½ lime or lemon (not essential, but nice)

Chop bananas roughly. Mix in other ingredients. Do not let bananas turn to mush—keep them chunky.

Transfer to a lined pan (approx 20 cm sides) and bake at 180°C for 45 minutes (don't be tempted to cook for longer or it may be dry).

Eat fresh—does not keep well. However it freezes very well and when thawed is virtually as good as when fresh.

Recipe by Janet Prentice