

Bananas In Pyjamas' "Honey" Cakes



Serves	12
Prep time	10 minutes
Cook time	12 minutes
Total time	22 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Serve Cold
Occasion	Birthday Party

Ingredients

- 90g butter or Nuttalex
- 1/3 cup rice malt syrup
- 1 cup plain white flour
- 2 teaspoons baking powder
- 1/3 cup Special K
- 1/3 cup rolled oats
- 1/3 cup carob kibble or carob buttons (chopped into small pieces)
- Canola oil spray

Directions

1. Preheat the oven to 180°C and grease two baking trays with canola oil spray.
2. Sift together the flour and baking powder. Add the Special K, rolled oats and carob kibble/buttons. Set aside.
3. In a small saucepan combine the rice malt syrup and butter/Nuttalex over low heat and stir until melted.
4. Add the butter mixture to the dry ingredients and mix until well combined.
5. Place heaped tablespoons of biscuit dough onto the baking trays, leaving room in between for them to spread.
6. Bake for 10 to 12 minutes, or until lightly golden.
7. Allow to cool completely on the tray before serving.



Note

Low Chemical / Failsafe

These biscuits need to be eaten the day they are made - they turn into rocks the next day.

You could also substitute maple syrup or golden syrup instead of rice malt syrup.