

HAROLD'S DELICIOUS

Energy Bars

Recipe

Makes 16 slices

Ingredients

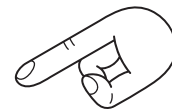
125g margarine or butter
125g dark brown sugar
2 eggs
125g wholemeal flour
2 teaspoons baking powder
2 bananas, mashed
125g walnuts, chopped
(chopped almonds or hazelnuts may be used in place of walnuts). Nuts can be missed out if you don't like them or are allergic to them.

Remember!

- Always have your grown-up helper around when you're cooking in the kitchen!
- Wash your hands before you start!
- Things that come out of the oven are hot! Get your grown-up helper to lift them out and allow them to cool before you touch them!
- Check with your grown-up helper that the ingredients are all safe for you to eat!



How to make them



Heat the oven to 190 °C.

Cream the fat and sugar together until light and fluffy. Beat in the eggs, one at a time, adding a tablespoon of flour with the second egg. Add the remaining flour with the bananas.

Spread the mixture evenly in a lined and greased 20 cm square shallow tin. Sprinkle with the walnuts and bake in the pre-heated oven for 20-25 minutes until the cake springs back when lightly pressed.

Leave in the tin for 2 minutes, then cut into 16 slices.

Transfer to a wire rack to cool.

Enjoy!

