Glimpse into passion pleasers

My mantra for baking is if it is healthy enough to eat for breakfast yet tastes deliciously naughty, you are on a winner! These cake squares fit this motto, **and** are super easy and quick to make!



All you need is:

1/4 cup nut butter (I used almond, brazil and cashew butter)
1/4 cup tahini
1/3 cup rice syrup
2 large bananas
1/3 cup coconut flour
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
*170 g passionfruit pulp

All you need to do is:

1. Preheat the oven to 180C.
2. Line a baking pan with baking paper. Any size you have will do, but one about 20cm x 20cm will make a good thickness.
3. Pop all the ingredients into a blender or food processor; *hold back with half of the passionfruit pulp and save it for later.* Blend until smooth.
4. Pour the mixture into the pan evenly.
5. Top with the leftover passionfruit pulp.
6. Bake for 20-30 minutes, until firm and golden. Keep an eye on the topping, as it will burn. If it starts to catch, cover the pan with a piece of foil.
7. Let it cool and slice into squares.

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The fun part…alternative additions:

*Instead of passionfruit pulp, use about 100g of one or two of the following:

- chopped dark chocolate or choc chips
- berries (frozen or fresh)
- drained, crushed pineapple
- dried blueberries, cranberries or pineapple
- crushed nuts
- quinoa flakes or gluten free oats (you may need to add a little water if your mixture becomes dry when blended)
- chopped pumpkin seeds, poppy seeds or toasted sesame seeds

*You could also try:

- 1 tablespoon of raw cacao
- 1 teaspoon of ginger powder
- 1 teaspoon of fresh ginger
- 1-2 tablespoons of vanilla extract
- 4 tablespoons of LSA -linseed, sunflower seed and almond meal (you may need to add a little water if your mixture becomes dry when blended)
- Whole round slices of pineapple at the bottom of the tray, and then pour mixture over the top for a pretty and fruity pattern.



I hope you enjoy these nutritious treats, any time of the day! And they keep getting better…only the blender and pan to clean!! Winner!!