



Mackenzie College Breakfast Slice

Inspired by the incredible KickStart Breakfast club at Mackenzie College, this yummy breakfast slice is full of goodness (& can be tweaked to suit all taste buds!)

Ingredients

- ½ cup chopped dates (remove any pits)
- ¼ cup boiling water
- ¾ teaspoon baking soda
- ½ cup neutral oil (eg Rice bran, canola, or vegetable oil)
- 1 banana, mashed
- 1 tablespoons chia seeds
- 1 egg
- ½ cup Anchor™ Lite milk
- 1 apple, grated
- 6 Sanitarium Weet-Bix™, crushed
- ½ cup flour
- ½ cup oats
- 1 teaspoon cinnamon
- ½ cup desiccated coconut
- 2 tablespoons LSA powder
- Optional: ½ -1 cup of dried fruit, seed and/or nuts (chopped apricots, raisins, pumpkin, sunflower seeds, chopped almonds and/or walnuts)

Method

1. Preheat the oven to 180° Celsius.
2. In a small bowl, add the chopped dates and carefully pour over ¼ cup of boiling water. Stir to combine then add the baking soda.
3. In a bowl, combine the oil, chia seeds, mashed banana, egg and Anchor™ milk.
4. Pour in the date mixture and add the grated apple.
5. Sift the flour and cinnamon and add the crushed Weet-Bix™, oats, coconut and LSA powder.
6. Stir to combine and if adding any optional dried fruit, nuts and/or seeds now is the time.
7. Pour into a lined baking tin and bake for 20-30 minutes until golden.
8. Allow to cool in the tin for 5 minutes then turn onto a cooling rack and allow to cool completely before slicing.
9. Can be stored in a sealed container for up to 3 days or freezers well.

