

Prawganic Recipe Card

Handcrafting an organic living

Banana & Honey Cakes

Ingredients

- 2 ripe bananas (mashed)
- 2 tbsp ground flax seed
- 2 tbsp sugar
- 2 tbsp Prawganic honey
- 2 cups whole wheat flour
- A pinch of salt
- 2 eggs
- 100ml oil or fat
- 2 tsp baking soda or powder
- 1 glass milk or water

Instructions

1. Preheat oven to 180°C (350°F).
2. Mash bananas in a bowl.
3. Add flax seed, sugar, and honey. Mix well.
4. Beat in eggs and oil. ok
5. Add flour, salt, and baking soda. Mix.
6. Pour in milk or water to make a thick batter.
7. Pour into greased baking tin.
8. Bake 30 mins. Test with a knife-if clean, it's ready.
9. Cool and serve with Prawganic Vitality Elixir or tea.