



Sticky Peanut Butter Banana Squares

NIBBLEDISH CONTRIBUTOR

Ingredients

Cuts into 12 squares:

- 200g brown sugar
- 100g plain flour

- 100g peanut butter
- 1 large banana, mashed
- 1 large egg white
- 1 tsp baking powder
- 1 tsp bicarbonate of soda

- 2-3 cauliflower florets
- 6 tbsp milk
- Bit of butter

Instructions

1. Gently fry the cauliflower in some butter. Add the milk and simmer until softened. Leave to cool, then pulse in a blender to a puree.
2. In a large bowl, mix 100g of the sugar with the banana, cauliflower and egg white.
3. Sift in the flour, baking powder and bicarb. Mix well, though expect it to be lumpy!

-
4. Add the remaining sugar and mix gently.
 5. Transfer to a greased traybake and bake at 180 degrees C for 20 minutes or until you can pull a skewer out clean.