

Bacon and banana treats

Want an extra-special treat? Try this!

Ingredients:

2 mashed bananas

2 slices of lean, finely diced and crisply cooked bacon.

1 teaspoon ground cinnamon

1 tablespoon honey

1 cup of brown rice flour

- Preheat oven to 180° C and line a baking tray with parchment paper.
- Combine all ingredients till well mixed.
- Spoon teaspoons of the mixture out onto the paper – the mixture is quite sticky so it may be hard to shape.
- Bake for 10-15 minutes until they begin to brown.
- Cool and serve!

These treats are high calorie, so use in moderation.

