

Breadfruit Sunshine Bar

Gluten free and Vegetarian



What you need

Dry

- 1 ½ cups breadfruit flour
- 1 ½ cups gluten free oats
- ½ tsp baking soda
- 1 tsp baking powder
- ¼ tsp nutmeg
- ½ tsp cinnamon
- dash salt
- 1/3 cup sugar
- 1 cup of dry fruit, choices below
(Orange peel, Mango, pineapple, coconut
or papaya)
- 1 cup of Pepitas (pumpkin seeds)

Wet

- 2 eggs or substitute chia seeds soaked in water
- 2 cups fruit juice, pulp, or water
- Dash of lime juice
- 4 Tbsp oil
- 1 tsp vanilla

How to do it

Preheat oven to 360 degrees

Add all the dry ingredients together mix well

Add all of the liquid ingredients and mix well

Incorporate both wet and dry

Mixture should have the consistency of cake batter

Place the mixture on an oiled baking sheet.
Spread evenly

Bake for 35 to 40 minutes

Different fruit behaves differently, so just
watch carefully after 35 minutes

Cut into shapes while still warm
For crispy bars return to oven after
cutting

I like them crunchy on the outside
and chewy on the inside

Micronutrient rich, supports food forests

