

Makes 12

Ingredients

- 100g canola spread
- 1 egg
- 3 crushed wheat breakfast biscuits
- ½ cup sugar
- 2 tablespoons cocoa powder
- ¾ cup white flour
- ¼ cup wholemeal flour

Method

1. Preheat oven to 180°C. Line baking dish with baking paper.
2. Melt canola spread.
3. Whisk egg.
4. In a large mixing bowl combine dry ingredients.
5. Add canola spread and egg and mix until combined.
6. Spread mixture into baking tray and bake for 20 minutes.



NUTRITION INFORMATION		
Servings per recipe: 12		
Average serving size: 42 g		
	Per serve	Per 100g
Kilojoules (kJ)	710	1704
Protein (g)	2.8	6.6
Total fat (g)	7.7	18.5
- Saturated fat (g)	1.7	4.0
Carbohydrates (g)	22.1	53.0
- Sugars (g)	10.6	25.4
Fibre (g)	1.6	3.9
Sodium (mg)	88	210

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.