

Date and Banana Slice

20 portions

300g chopped dates

1 ripe banana

300ml water

360g dairy-free margarine

180g caster sugar

250g gluten-free plain flour

250g gluten-free oat flour or maize flour



1. Place the chopped dates, bananas and water into a saucepan and bring to the boil. Turn off the heat and leave to cool.

For the shortbread

2. Mix the sugar together with the dairy-free margarine until combined.
3. Mix in the gluten-free flour and gluten-free oat flour and bring together to form a dough.
4. Line a 30 x 20 inch brownie tin with greaseproof paper.
5. Press half of the dough into the bottom of the tin. Bake at 180°C / 160°C fan oven / 350°F / gas mark 4 for 15 minutes. Take out of the oven and leave to cool for 10 minutes.
6. Cover with the date and banana mixture.
7. Place the remaining dough onto a piece of parchment paper which is bigger than the brownie tin. Roll out onto the parchment until it is the same size as the brownie tin and of an equal thickness.
8. Get somebody to help you. Each hold two corners of the parchment and turn the shortbread over onto the date mixture.
9. Manoeuvre into the right place, rub over with your hand to make contact with the date mixture then peel off the paper.
10. Mark into portions and sprinkle caster sugar over the top.
11. Bake for 25 to 30 minutes until golden brown.
12. Leave to cool before slicing into portions.