

Recipe Card # 15



Cassava Honey Bread

Ingredients:

- 1 full mug, Friend's Fiji Style cassava flour
- 3 level Friend's Fiji Style tablespoons honey
- 60 drops vanilla essence, 1 egg,
- 1 level teaspoon bicarbonate of soda
- 1 mug water 2 tablespoons sugar , Juice from two lemons

Preparation:

- a) Mix the sugar, lemon juice in 1/3 mug water. Heat over a medium hot flame until the sugar dissolves. Boil for 5 minutes. Stir continuously whilst heating. Allow to cool.
- b) Heat some water in the wok.
- c) Mix the honey and sugar mixture together. Boil for 3 minutes until the honey has blended well with the sugar mixture.
- d) Place a basin containing the honey and sugar mixture in the wok of hot water. Gradually add the sifted flour and stir to mix well.
- e) Add the vanilla essence, egg, bicarbonate of soda and the remaining water.
- f) Pour the mixture into a bread tin.
- g) Bake in a hot oven (210°C) for 30 minutes.

