

45 minutes

Makes 16 squares

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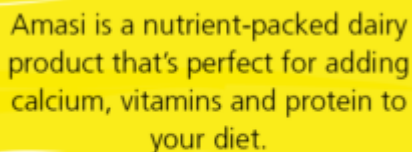
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Ingredients:

- 1 cup (150g) cake flour
- 1 cup (150g) semolina flour
- ¼ cup (50g) brown sugar
- 1 tsp (5ml) baking powder
- ½ tsp (3ml) bicarbonate of soda
- Pinch salt
- 1 cup (250ml) amasi (buttermilk works well too)
- ¼ cup (60ml) honey
- 2 eggs, whisked
- 1 cup (125g) cheddar cheese, grated
- Honey, butter and chives, for serving

Method:



Amasi is a nutrient-packed dairy product that's perfect for adding calcium, vitamins and protein to your diet.

1. Preheat oven to 200°C .
2. Grease a 20cm square baking tin and line with baking paper.
3. Combine dry ingredients in a bowl.
4. Whisk together amasi, honey and eggs in a separate bowl.
5. Add amasi mixture to dry ingredients and mix well to create a smooth, lump-free batter.

6. Fold in grated cheese and spoon batter into prepared tin.
  7. Bake for 20-25 minutes or until a skewer inserted in the centre comes out clean.
  8. Cool for about 10 minutes before cutting into squares.
  9. Serve with honey, butter and chives.
- COOK'S NOTE: Want a bit of a kick? Add ½ tsp (3ml) cayenne pepper to the batter.