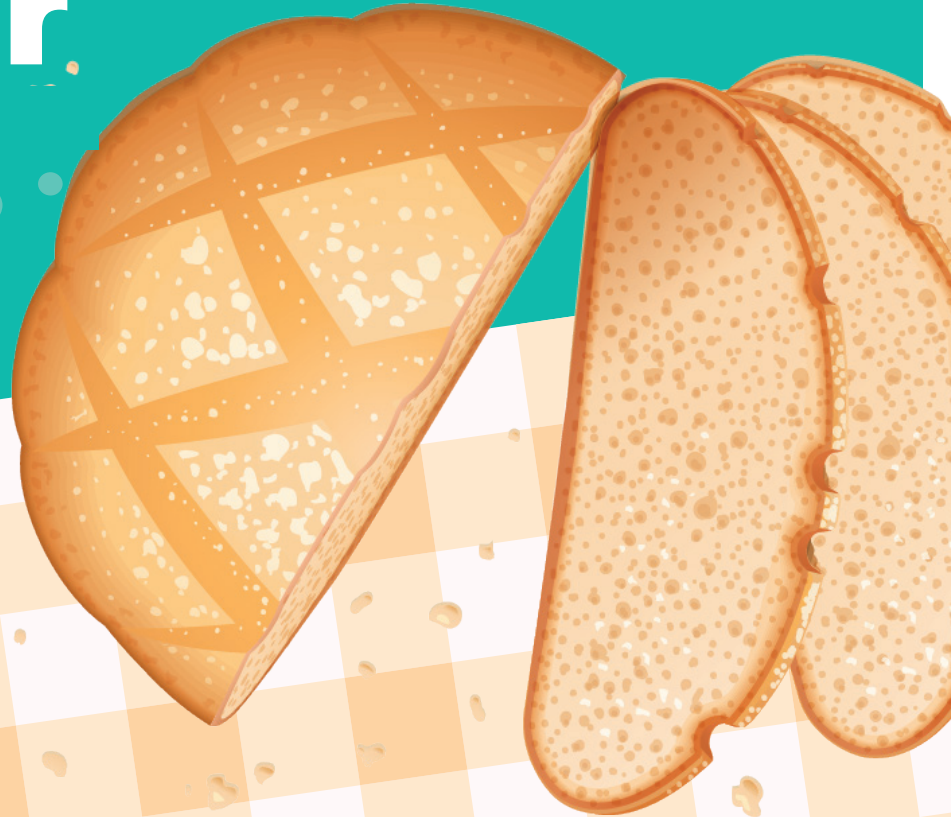


Bush Tucker Damper

**Bee
Healthy**
menu by **Busy Bees.**



Bush Tucker Damper

Prep time: 30 minutes. Cooking time: 15-20 minutes. Serves: 10.

Per child, this recipe provides: 1 serve of grains.

Ingredients

2 cups Self-raising flour (plus additional for dusting)

¼ tsp Salt

¾ cup Milk, reduced-fat

½ tbsp Vegetable oil

Allergen alternatives:

For gluten free, ensure self-raising flour is gluten free.

Method

1. Preheat oven to 220°C (fan-forced).
2. Sift the flour and salt into a large bowl and make a well in the middle.
3. Pour in the milk and mix until well combined.
4. Dust a large, round baking pan with flour and place dough in the middle, placing a cross on the top of the surface of the dough.
5. Bake in preheated oven for 30 minutes, then remove and allow to cool

Serve Bush Tucker Damper in chunks alongside Bush Tucker Chicken Kebabs.

