

Sumajack

Energy food for walking the hills.

This is an **English**¹ recipe.

Ingredients

- 300 g Suma organic porridge oats
- 250 g margarine
- 60 g **FAIRTRADE** sultanas
- 60 g Suma **FAIRTRADE** dates
- 250 g **FAIRTRADE** Traidcraft muscavado sugar
- 1 large ripe **FAIRTRADE** banana
- 5 ml **FAIRTRADE** ground cinnamon
- 5 ml **FAIRTRADE** ground nutmeg
- 50 g Suma **FAIRTRADE** brazil nuts

The Sumajacks are done when the top is that beautiful golden colour, and the aroma makes you ravenous.

Once cooked, allow to cool in the baking tin before removing and slicing.

Wrap the slices in foil and keep them in the fridge for the next excursion to the moors or mountains.

Variations

Incorporate other fruit as available but it is the dates which make this into a "Sumajack".

Method

Preparation

Pre-heat the oven to Gas Mark 2.

Chop the dates into pieces the size of a pea.

Chop the brazil nuts to the same size.

In a mixing bowl, combine the sugar and the margarine, and then mix in the banana.

Add the oats, chopped nuts, spices and the dried fruit, and mix thoroughly.

Cooking

Line a baking tin with greased aluminium foil and make a layer with the fruity oats.

Bake for about 1 hour at Gas Mark 2.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>