

# chakula chetu



## BANANA BREAD (Eshitata) (Bananenbrot)

By Horace Andayi



### INGREDIENTS

- A bunch of well ripe banana
- 2 cups of maize flour
- 2 litres of water



### PREPARATION

1. Peel the bananas and mix with flour in a container
2. Mix peeled banana into dough
3. Leave for about 10-20 minutes
4. Cut the dough into sizeable pieces and tie them in banana leaves using banana fiber
5. Pour water into a pot
6. Arrange sticks on top of the water to separate the water from banana bread
7. Arrange the banana breads on top of the sticks and cover them using banana leaves
8. Cook for about 1 1/2 hrs
9. Cook until ready and serve with black tea or coffee.



### NUTRITIONAL BENEFITS:

**Ripe Banana:** Fibre, Vb6, VC, carbohydrates

**Maize Flour:** Carbohydrates