



HEALTHY BANANA BREAD

Use up leftover bananas in this loaf cake
with a healthy twist, great for an
afternoon treat!

NOURISHED ● LIFE

Nourish your mind, body and soul

HEALTHY BANANA BREAD

Serves 10

INGREDIENTS:

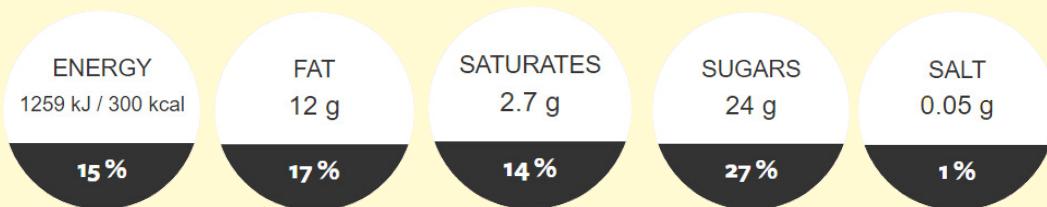
- 3 BANANAS
- 75G VEGETABLE OIL
- 165G OF RUNNY HONEY
- 250G PLAIN FLOUR (WE OPTED FOR WHOLE-WHEAT FLOUR)
- 1 HEAPED TSP BAKING POWDER
- 2 TSP CINNAMON OR MIXED SPICE
- 1 TSP OF VANILLA EXTRACT
- 100G DARK CHOCOLATE CHIPS (OPTIONAL)
- 1 BANANA HALF FOR DECORATION (OPTIONAL)

METHOD:

1. Heat oven to 200C/180C fan/gas 6.
2. Mix together the oil, eggs, mashed bananas and honey.
3. Add the flour, baking powder and cinnamon or mixed spice, and combine well. Add the chocolate chips, if using and pour into a lined loaf tin. Decorate with half a banana sliced lengthways (optional).
4. Bake for 35-40 minutes. Check and cover with foil if the cake is browning.
5. Bake for another 20 minutes, or until a skewer comes out clean.
6. Allow to cool a little before slicing. Store in an airtight container.



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IMPORTANT INFORMATION

*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Milk, Gluten, Egg