

Fruity bread



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No added sugar banana loaf **SERVES 12**

INGREDIENTS

- 1½ cups plain self-raising flour
- 1½ cups wholemeal self-raising flour
- 3 ripe bananas, mashed
- 2 eggs, lightly beaten
- 2 x 140g tubs apple puree
- 350ml plain or natural reduced fat yoghurt
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ½ cup sultanas

METHOD

1. Preheat oven to 180°C. Line a loaf tin with baking paper, extending paper 2cm above edges of tin.
2. Place flours in a large bowl. Make a well in the centre. Add mashed banana, eggs, apple puree, yoghurt, vanilla extract, cinnamon and sultanas.
3. Stir to combine but don't over mix the batter as it can become tough.
4. Spoon mixture into prepared pan.
5. Bake for 40 minutes or until golden and a skewer inserted into centre of bread comes out clean.
6. Transfer bread to wire rack to cool completely before slicing.



RECIPE NOTES

- This recipe uses only fruit for natural sweetness and yoghurt instead of butter to keep the bread moist.
- This slice is high in fibre and good for keeping our digestive system healthy.
- Swap some of the flour for ½ cup of wheat bran or oats to increase the amount of fibre.
- Freezer friendly and great for lunchboxes – slice bread into individual portions and freeze in a container.
- Turn this mixture into muffins by spooning batter into lined muffin tins before baking. This will cut down on the baking time.