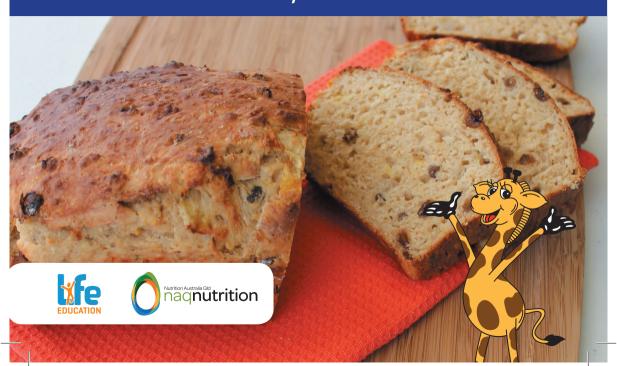
Fruity bread



Fruity bread

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.