

# BANANA BREAD

⅓ cup melted coconut oil or extra virgin olive oil (light flavour)

½ cup honey or maple syrup

2 eggs

1 cup mashed ripe bananas (about 2 ½ medium or 3 large bananas)

¼ cup milk (dairy or non-dairy), or water

1 teaspoon Bicarb soda

1 teaspoon vanilla essence or vanilla paste

½ teaspoon salt

½ teaspoon ground cinnamon, plus more to swirl on top

1 ¾ cup wholemeal plain flour (or gluten free flour, spelt flour, or substitute 2 ½ cups oat flour)

*Optional: ½ cup of chopped walnuts or pecans, chocolate chips, sultanas or fresh banana slices*



- Preheat oven to 165 °C and grease a loaf tin (approx. 23 x 13cm) and line with paper
- In a large bowl, beat the oil and honey together with a whisk or blender.
- Add the eggs and beat well
- Whisk in the mashed banana and milk.
- Add the sodium bicarb, vanilla, salt and cinnamon and whisk to blend.
- Using a spoon or blender on low setting, stir in the flour until just combined.
- Stir through ½ cup of any optional ingredients, if adding.
- Pour the batter into greased tin and sprinkle lightly with cinnamon.
- Bake for 55-60 minutes, or until a skewer inserted in the center comes out clean. It will take slightly longer if optional ingredients have been added to the mix.
- Cool the banana bread in tin for 10 minutes then transfer to a wire rack to cool before slicing.
- Serve plain or spread with butter.