



BANANA BREAD

Preparation Time

20 minutes

Cooking Time

45 minutes

Serves

8 to 10 slices

Ingredients:

1/3 cup sunflower or olive oil
1/2 cup brown sugar
2 eggs
4 to 5 mashed ripe bananas
Few drops vanilla essence
1 cup plain wholemeal flour
1 cup self raising flour
1 tsp bicarbonate of soda
1/2 tsp ground cinnamon
1/3 cup chia seeds, or seeds* or
chopped nuts of your choice, extra
for sprinkling
1/2 cup milk
Juice of half a lemon

Preparation:

Preheat oven to 180C and grease and line a loaf tin.

Mix sugar, oil, bananas, eggs and vanilla together.

Add in dry ingredients (flours, spices and seeds).

Mix in milk and lemon juice.

Stir until combined (but not over mixed).

Spoon into tin.

Sprinkle with extra nuts or seeds.

Bake in oven for about 45 minutes. Test with a skewer or butter knife (inserted into centre of bread).

***Use seeds if someone you know has nut allergies.**

Nutritional tip:

Bananas are packed full of potassium and dietary fibre!

Fight food waste:

Store your brown bananas in the freezer. Pop them in smoothies, porridge or muffins.

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