

My Wholefood Pantry

Honey Banana Bread

An easy, yummy and healthy recipe, which can be enjoyed as a quick breakfast or morning tea. Perfect for cool days. Free from refined flour and sugar. Low in fat. Delicious!



Ingredients

2 cups wholemeal SRF
1.5tsp bicarb soda
1tsp cinnamon (optional)
1/2 cup honey
2 tbsp butter or coconut oil
1/4 cup milk
2 eggs, room temp
3 medium sized, ripe bananas
1/2 cup chopped walnuts

Method

Preheat oven to 170oC. Line a loaf tin with baking paper.

In a small saucepan over a low heat, melt honey and butter (or coconut oil). Set aside to cool slightly.

Mash bananas and set aside.

Place flour, bicarb, walnuts and cinnamon in a large bowl and dry-whisk to thoroughly combine.

Make a well in the centre.

Add milk and bananas to honey mixture and stir well. Pour into dry ingredients and mix well. Add eggs and mix thoroughly.

Pour into tin and bake for approximately 40-45 minutes, until a skewer in the centre comes out clean.

Leave in tin for a few minutes, before turning onto a wire rack.

Best served warm with a spread of ricotta or pure butter.

Enjoy!