

BANANA BREAD RECIPE

BANANA BREAD RECIPE

Serves 8-10

Ingredients

- 3 very ripe bananas
- 1/3 cup (100g) honey
- 2 tablespoons unhulled tahini* (sesame seed paste)
- 1 cup (100gm) wholemeal flour (sifted)
- 1 cup (100gm) porridge oats
- 1 teaspoon baking powder
- 1/2 cup (75gm) whole almonds (roughly chopped)

METHOD

1. Pre heat oven to 180C
2. Line a loaf tin with baking paper
3. In a large bowl mash the bananas
4. Stir in the honey and tahini
5. Mix in the remaining ingredients
6. Place mix in lined loaf tin and smooth the surface
7. Bake in centre of oven for approximately 1 hour, or until an inserted skewer comes out clean
8. Cool and cut into slices

* Unhulled Tahini can be found in the Health Food section of the supermarket and is a source of calcium.

SERVING SUGGESTIONS

This egg free banana bread freezes well and makes a great filling snack to take to work. It is also delicious as a dessert - top with low fat yoghurt and serve with sliced banana, strawberries and blueberries.

Tip: If you find you have too many ripe bananas, peel and freeze for later use in smoothies, banana bread and muffins.



Liz Lovering, BSc NutrDiet

Runner, Accredited Practising Dietitian (APD),
Accredited Practising Nutritionist (APN), member of Sports Dietitians Australia (SDA),
Level 1 Anthropometrist (ISAK), professional chef, Accredited Athletics Coach
(Level 3, - Middle and Long Distance).