

BANANA BREAD



If you're wondering what to do with those ripe bananas sitting in the fruit bowl or looking for a nutritious snack option, how about trying this delicious gluten-free and sugar-free banana bread? This healthy loaf is a guaranteed crowd pleaser and also freezes well ... if there is any left to freeze!

MAKES 1 Loaf – Serves 12

INGREDIENTS

400g (14 oz) ripe bananas

6 free range/organic eggs

10 fresh pitted dates, chopped roughly

**2 teaspoons vanilla extract
or 1 teaspoon vanilla bean paste**

**60 ml (¼ cup) macadamia nut oil
or coconut oil**

2 teaspoons gluten-free baking powder

½ teaspoon ground cinnamon

70g (½ cup) coconut flour

20g (¼ cup) chia seeds

Flaked coconut for decoration

PREHEAT your oven to 150 C (fan forced) or 170 C (no fan)

COMBINE bananas, dates, oil, cinnamon, vanilla, eggs and baking powder in a blender or food processor and blend until creamy and combined.

ADD the coconut flour and chia seeds and mix through.

REST the mixture for 10 minutes to allow the chia and the coconut flour to expand.

LIGHTLY OIL one loaf tin (approx 10½ cm x 26 cm) and line with baking paper.

SPOON the mixture into the tin. Decorate the top with flaked coconut or sliced banana before baking.

BAKE for 50 – 60 minutes (a skewer inserted into the centre should come out dry). If over-browning, cover the top with foil to protect your bread.

REMOVE from the oven and allow to cool before turning out the loaf.

KEEPS in the fridge covered for up to 1 week. Freezes well, too.