



HEALTHY BANANA BREAD



MAKES
1 LOAF



PREP TIME
10 MINS



COOK TIME
60 MINS

INGREDIENTS

- 1/3 cup extra-virgin olive oil
- 1/4 cup honey
- 2 free-range eggs
- 2 bananas, mashed, plus 1 extra banana, sliced lengthways, to place on top
- 1/4 cup milk
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1 + 3/4 cups plain wholemeal flour

METHOD

STEP 1

Preheat oven to 165C and grease a loaf pan.

STEP 2

In a large bowl, whisk the oil and honey together. Add the eggs and whisk well. Then add banana and milk and whisk well to combine.

STEP 3

Add the baking powder, vanilla and cinnamon and whisk to combine. Lastly, stir in the flour until just combined. Some lumps are ok.

STEP 4

Pour the batter into the loaf pan and top with sliced banana. Bake for 50-60 minutes or until a toothpick inserted comes out clean.

STEP 5

Let the bread cool in the loaf pan, then transfer to a wire rack to cool before slicing. Enjoy warm.

Storage: Banana bread keeps for 1 week. Or cut into slices and freeze for future snacks.

Georgia says ...

I absolutely love a slice of this banana bread with a chai in the afternoon. Use wholemeal flour for extra fibre, vitamins and minerals.