

BANANA BREAD

Gopi Chandratheva – World Cancer Research Fund

 **50 Minutes**

 **Serves 8 people**

Nutrition per serving

Calories
505

Fat
22g

Saturates
2.3g

Sugar
17g

Salt
0.26g

Fibre
8.8g

Protein
15g

Ingredients

- ♥ 2 ripe bananas mashed
- ♥ 60ml vegetable oil
- ♥ 120ml almond milk
- ♥ 200g spelt wholemeal flour
- ♥ 200g self-raising flour
- ♥ 1 tsp bicarbonate of soda
- ♥ 100g oats
- ♥ 100g mixed seeds
- ♥ 100g ground almonds
- ♥ 100g chopped dates



Method

- 1** Preheat the oven to 180°C (gas mark 4).
- 2** In a large bowl, mix the mashed bananas with the oil and almond milk. Add the wholemeal flour, self-raising flour, bicarbonate of soda, oats, mixed seeds and ground almonds. Stir well with a spatula or wooden spoon. Set aside a small amount of oats for topping.
- 3** Fold in the chopped dates. The batter should be smooth. If it feels too thick, add a little more almond milk.
- 4** Lightly grease a loaf tin. Pour in the batter and sprinkle the reserved oats over the top.
- 5** Bake for 35 to 40 minutes or until the loaf is risen, golden and cooked through. To check, insert a clean knife into the centre – it should come out clean. If not, return to the oven for a few more minutes.
- 6** Remove from the oven and leave to cool in the tin. Once fully cooled, store in an airtight container.