

Banana Bread



Who doesn’t love banana bread? Not only is this recipe super-easy, but it also always impresses and is a great way to use up any bananas that might have passed their best.

Serves	8-10	Per serve (1 slice)
Prep time	10 minutes	Carbs 9.2 g
Cook time	30 minutes	Protein 7.4 g
Difficulty	●●●	Fat 17.3 g
		Energy 228 Cal

INGREDIENTS

For the banana bread:
1½ cups almond meal
⅓ cup ground psyllium husk
2 tsp baking powder
½ tsp salt
3 eggs
½ cup cream
1 banana
2 tbsp pumpkin seeds
2 tbsp sunflower seeds
1 tsp ground cinnamon
1 tsp vanilla extract

For the top of the loaf:
1 tbsp seeds or chopped nuts

METHOD

Pre-heat the oven to 160°C fan (180°C regular). Line a loaf tin with non-stick baking paper, or use a non-stick silicone mould (be aware that silicone doesn’t transfer heat as well as metal so you may need to cook your bread a little longer).

Place all the banana bread ingredients in a food processor and blend until smooth. Pour into the loaf tin, scatter over the seeds or nuts and bake for 28-30 minutes. Insert a skewer into the centre of the loaf and make sure it comes out clean. If the bread seems a little under-cooked, bake for another 5 minutes before testing again.

