

# BAKING

## HEALTHY BANANA BREAD

### Ingredients:

Low-fat spread, for the tin, plus extra to serve

140g Wholemeal flour

100g Self-raising flour

1 tsp Bicarbonate of soda

1 tsp Baking powder

300g Mashed banana

(from overripe black bananas)

4 tbsp Agave syrup

3 Large eggs, beaten with a fork

150ml Pot low-fat natural yogurt

25g Chopped pecan or walnuts (optional)



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### Method:

1. Heat oven to 160C/140C fan/gas 3. Grease and line a 2lb loaf tin with baking parchment (allow it to come 2cm above top of tin). Mix the flours, bicarb, baking powder and a pinch of salt in a large bowl.
2. Mix the bananas, syrup, eggs and yogurt. Quickly stir into dry ingredients, then gently scrape into the tin and scatter with nuts, if using. Bake for 1 hr 10 mins-1 hr 15 mins or until a skewer comes out clean.
3. Cool in tin on a wire rack. Eat warm or at room temperature, with low-fat spread

