

DEADLY SUGAR FREE BANANA BREAD

INGREDIENTS

- 4 very ripe/overripe bananas (yellow/brown colour)
- 2 eggs
- ½ cup olive oil
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 tsp baking powder
- 1 tsp bicarbonate of soda
- ¼ cup milk
- 1 tsp ground cinnamon
- 1 tsp mixed spice

INSTRUCTIONS

1. Preheat oven to 180 degrees and grease/line a loaf tin with baking paper.
2. Mash bananas in a bowl with a fork.
3. Add oil, milk and eggs, stir until combined, then add flour, spices, baking powder and bicarbonate, stir until combined.
4. Pour into loaf pan and add a topping if you like. (see tips for ideas)
5. Bake for one hour in the oven.
6. Remove from the oven and cool for 5 mins, then transfer out of pan to finish cooling. (on a rack/plate)

TIPS 'N' TRICKS

- Don't throw your overripe bananas out! Use them for healthy banana bread or muffins. They are also great frozen and added to smoothies
- This bread is naturally sweetened by the overripe bananas, if it is not as sweet as you like you could add half a cup of honey to the recipe, or why not spread some peanut butter and honey on a slice of the toasted banana bread. Delicious!
- If you have a lot of frozen bananas, why not double the recipe and freeze one of the loaves for the following week.
- Sliced banana, nuts, seeds, cinnamon or even coconut can be added to the top of the banana bread before cooking for extra flavour.