

BANANA AND WALNUT BREAD

SERVINGS: 1 LOAF

PREP TIME: 30 MIN

COOKING TIME: 55 MIN



Although this isn't something I would recommend you have every day, I believe a home-made banana bread is way better than any other cake you buy from a bakery or supermarket. Made of wholemeal flours, walnuts, olive oil and dried figs, the banana bread is rich in insoluble fibre and essential fatty acids. However, it also contains sugar and honey so treat it as a treat! Keep in an air-tight container and it will stay fresh and soft for nearly a week.

INGREDIENTS:

- 1 cup wholemeal wheat flour (150g)
- ¾ cup wholemeal rye flour (110g)
- 1 tsp bicarbonate of soda
- ¼ cup brown/muscovado sugar (30g)
- 3 dried figs, chopped
- ½ cup walnuts, chopped (60g)
- 2 eggs, organic
- 1/3 cup extra virgin olive oil (60g)
- ¼ cup honey or agave syrup (45g)
- ¼ cup natural yoghurt, full fat (70g, optional)
- 2-3 ripe bananas

SPICES*:

½ tsp sea salt flakes, 1 tsp cinnamon, ½ tsp nutmeg, ½ tsp cardamom, ½ tsp cloves, ½ tsp ginger

1. Prepare 2 mixing bowls. In the first bowl, sieve the rye flour (B) and keep the bran to a side. Add walnuts (B), sugar, cinnamon and figs (SW), ginger, nutmeg, cardamom and cloves (P), salt and bicarbonate of soda (SA), wheat flour (SO).
2. Prepare the loaf tin by coating it with a little olive oil and add the bran. Shake the tin well to coat all walls evenly. Alternatively, lay with a baking paper. Turn the oven on 165°C.
3. In the second bowl, mix eggs, olive, honey, banana mashed with a fork (SW) and yoghurt (SO).
4. Gently add the 'wet' ingredients into the 'dry' ingredients and fold. Mix well - the dough should feel sticky.
5. Transfer to the loaf tin, tap it on the worktop to spread evenly and place on the middle rack in the oven. Bake for 55min.
6. Remove from the loaf tin, place on a metal rack and allow to cool for at least 30min before slicing.

Common allergens:

- Eggs
- Yoghurt
- Wheat
- Rye
- Walnuts

Equipment used:

- Loaf tin (approx. 8.5cm x 27cm at the bottom)

Optional additions:

- Replace dried figs with dates (SW) or skip them all together.

Inspired by:

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