

Banana Bread

Serves: 10

Preparation Time: 10 Minutes

Cook Time: 40 Minutes

Total Time: 50 Minutes

Ingredients

- 4 very ripe bananas
- 1/3 cup melted coconut oil , or olive oil
- 1/4 cup Greek yoghurt , or milk
- 1/4 cup honey , or maple syrup
- 2 eggs , beaten
- 1 tsp vanilla essence
- 1 tsp baking soda
- Pinch of salt
- 1 3/4 cups wholewheat flour

Method

1. Preheat oven to 180°C, grease and lightly flour a loaf tin.
2. In a large mixing bowl, mash the bananas well with a fork, stir in the melted coconut oil and Greek yoghurt. Now stir in the honey, eggs, vanilla essence, baking soda and salt.
3. Gently stir in the flour until just combined, don't over mix. Pour the batter into the loaf tin and level out by gently shaking the tin.
4. Bake in the centre of the oven for 40 to 45 minutes or until a toothpick inserted into the middle of the loaf comes out free of batter.
5. Remove from the oven and allow to cool completely in the loaf tin, on a wire rack. Turn the bread out onto the wire rack and allow the bottom of the loaf to cool before slicing.
6. Enjoy!

Tips

- For the best experience, serve with tea or coffee.