

BANANA BREAD

FREEZER
FRIENDLY

VEGETARIAN



Makes 1 loaf



Prep Time 20 minutes



Cook Time 55-60 minutes



Easy As



INGREDIENTS

- 1 ½ cup flour
- ¾ tsp baking powder
- ¾ tsp baking soda
- 1 tsp **Gregg's Ground Mixed Spice**
- ¼ tsp **Gregg's Ground Nutmeg**
- ½ cup raw sugar

METHOD

1. Preheat oven to 180°C (conventional bake). Grease and line the base of a 11cm x 21cm x 7cm (7 cup capacity) loaf tin with baking paper.
2. Sift flour, baking powder, baking soda **Gregg's Ground Mixed Spice** and **Gregg's Ground Nutmeg** into a mixing bowl.

- ¼ cup date syrup
 - ¼ cup vegetable oil
 - 2 eggs
 - 1 cup mashed bananas (about 2 large bananas)
 - 1 banana extra (optional)
3. In a separate bowl beat together raw sugar, date syrup, oil, eggs and mashed bananas. Pour into the dry ingredients and carefully fold in to mix.
 4. Pour into the prepared loaf tin. Peel and cut the banana lengthwise, place on top of the banana bread mixture, if wished. Bake for 45-50 minutes. A skewer inserted into the middle of the bread will come out clean. Leave in the tin for 10 minutes before turning onto a cake rack to cool completely, making sure the banana top is uppermost. Store in an airtight tin. Serve cut into slices.

TIPS

- Date syrup adds a lovely flavour to the banana loaf but if you don't have any increase the raw sugar from ½ cup to ¾ cup. The loaf will be lighter in colour.
- Cook mixture in muffin tins – the mixture will make approximately 18 muffins, depending on the size of the muffin tins used. Slice the extra banana into rounds and place a slice on each muffin. Increase the oven temperature to 180° (fan assisted) and cook muffins for 15-20 minutes, until tops are golden and cooked. The centre of the muffin will spring back when lightly touched with your finger.
- Wrap the cold cake tightly in cling film and place in an airtight container or sealable plastic bag. Can be frozen for up to 1 month. Thaw at room temperature. It may be best to omit the sliced banana on the top of the bread if planning to freeze it.

SWAP IT OUT

- Replace the banana slices on top with 2 Tbsp finely chopped walnuts or slivered almonds.
- Replace the nutmeg with ½ tsp **Gregg's Ground Cinnamon**.
- Try making this wholemeal by replacing ½ cup of the measured flour with ½ cup wholemeal flour.
- Replace raw sugar with soft brown sugar if wished.

SWITCH IT UP

- Add ½ cup dark chocolate chips to the mixture.
- Fold the zest from ½ an orange into the loaf mixture.