



HEALTHYFOOD  
STUDIO

# BANANA *bread*

## INGREDIENTS

3	Large ripe bananas
1	Egg
1 tbsp	Vanilla essence (optional)
6 tbsp	Sugar
1½ cups	Nutty wheat flour or ½ cups flour and ¼ cup wheat bran
1 tsp	Baking powder
½ tsp	Salt
3 tbsp	Butter

## METHOD

- 01** Preheat oven to 180 degrees Celsius and prepare a standard loaf pan by greasing with butter and dusting with a little flour, or use Spray and Cook.
- 02** In a medium bowl add bananas and use a fork to mash well.
- 03** Add egg, vanilla essence (optional) and sugar to the mashed bananas, and then stir well.
- 04** In a separate bowl combine flour, baking soda, baking powder and salt.
- 05** Add the flour mixture to the mashed banana slowly and stir as you're adding it. Just before it is properly mixed, pour in the melted butter and stir a little more but **DO NOT OVER MIX**.
- 06** Pour into loaf or muffin pan and bake for 30 – 40 minutes or until an inserted knife comes out clean.
- 07** Store in a Tupperware®.