



LET'S
COOK
THAT
BOOK



BANANA BREAD

WITH NATURAL YOGHURT
Recipe by Belinda Norton

Makes 1 Loaf
(leave to cool for 15 minutes)

Ingredients

LOAF
5 ripe bananas, peeled and mashes
1 egg
180g (1¾ cups) almond meal
2 tablespoons ground cinnamon
2 tablespoons coconut oil

TOPPING
2 tablespoons slivered almonds
10 pecans (or other nuts)
2 tablespoons sesame seeds
2 tablespoons shredded coconut
3 tablespoons rice malt syrup, for drizzling

Natural yoghurt, to serve

Method

Preheat the oven to 180°C (350°F). Grease and line a 17 x 26cm (6½ x 10½ in) loaf (bar) tin.

Combine the banana and egg in a bowl and mash with a fork.

Add the almond meal, cinnamon and coconut oil and mix well. Pour the mixture into the prepared tin.

Top with the almonds, pecans, sesame seeds and coconut, then bake in the oven for 30 minutes, or until the top is golden brown.

Remove from the oven and leave to cool for 15 minutes.

Drizzle with the rice malt syrup and serve with thick natural yoghurt on the side.



Sponsored by
House
We are Cooking, Dining and Entertaining 24/7 houseUK.com
AU: house.com.au
UK: houseuk.com



#showyourhouse
#letscookthatbook